THE SATURDAY EVENING POST

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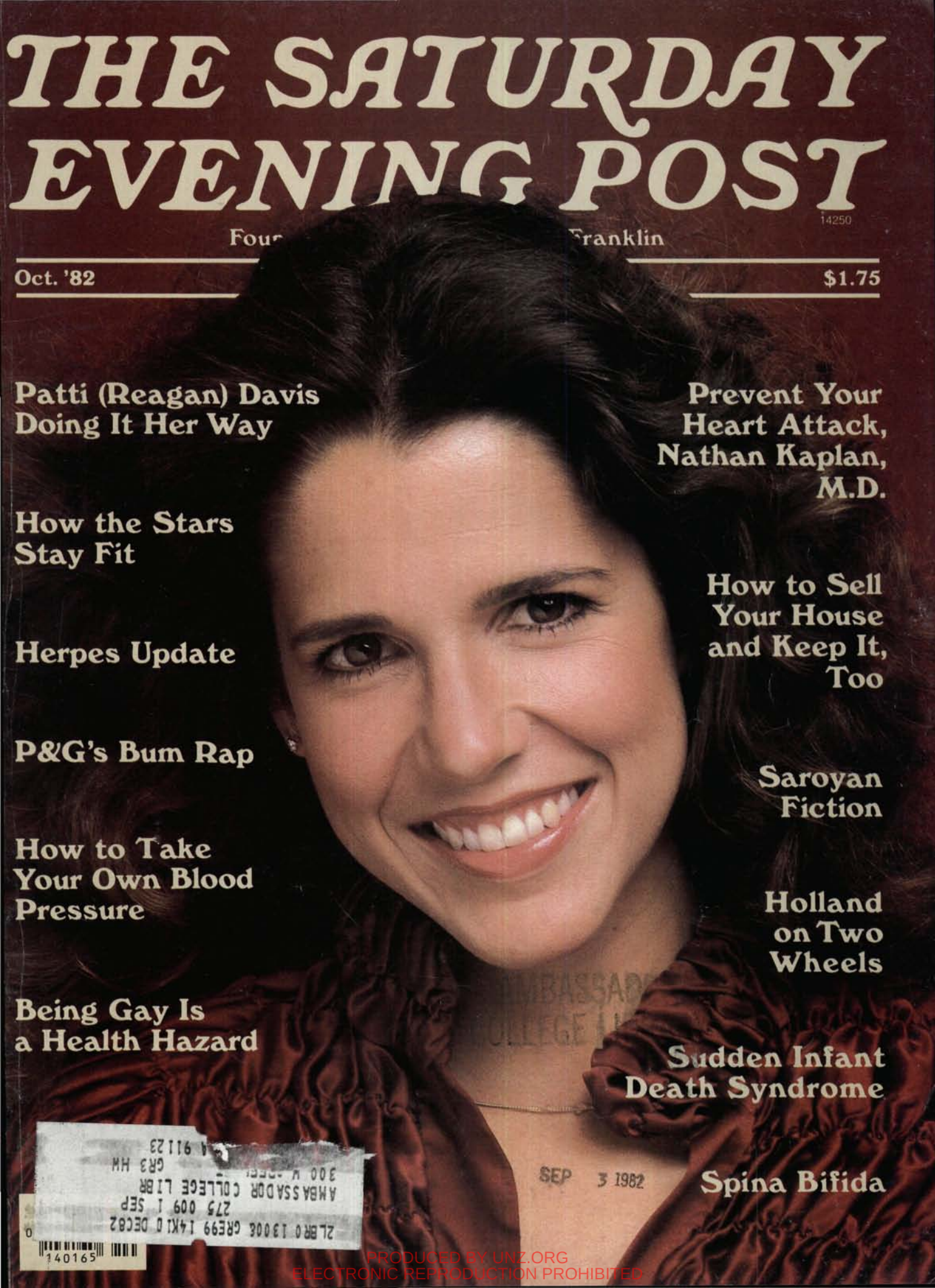

Patti (Reagan) Davis
Doing It Her Way

How the Stars
Stay Fit

Herpes Update

P&G's Bum Rap

How to Take
Your Own Blood
Pressure

Being Gay Is
a Health Hazard

Prevent Your
Heart Attack,
Nathan Kaplan,
M.D.

How to Sell
Your House
and Keep It,
Too

Saroyan
Fiction

Holland
on Two
Wheels

Sudden Infant
Death Syndrome

Spina Bifida

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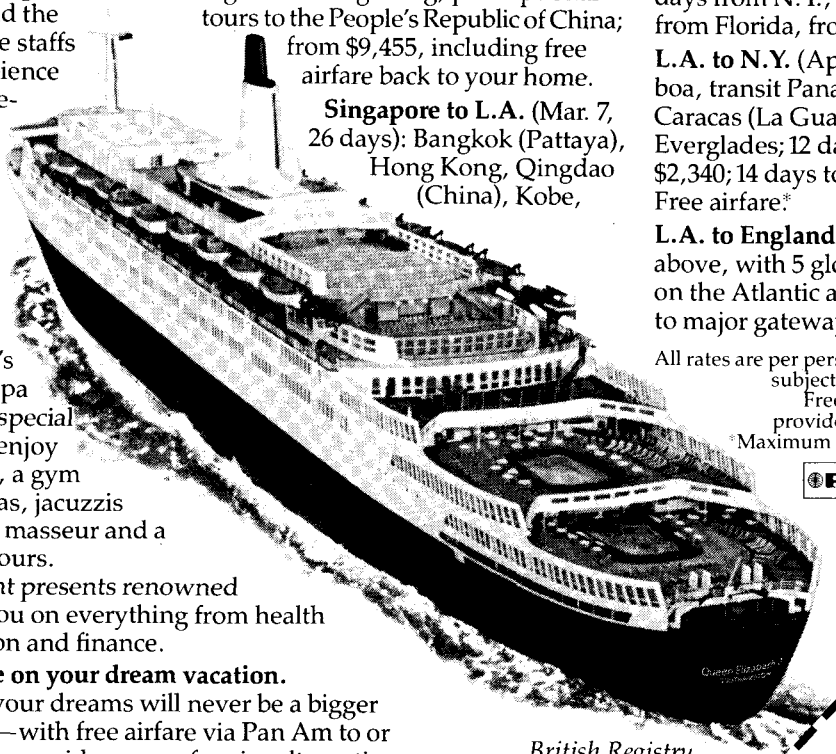

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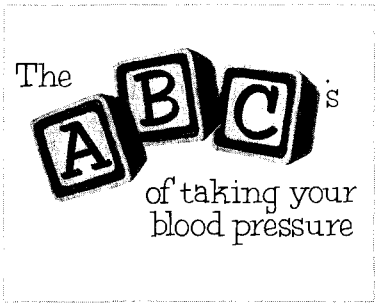
A Visit with Patti Davis—She's an actress, singer, health advocate and presidential daughter. **42**



Putting on the Cuffs—Learn how—discover what makes your blood pressure go up or down. **52**

Healthy in Hollywood—exercise and proper diet keep the stars shining brightly. **46**

The "Gay Plague"—New diseases are causing increasing fear among homosexuals. **26**

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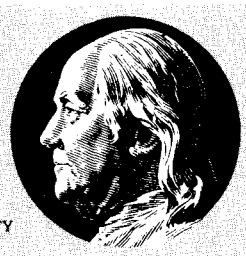

TABLE OF CONTENTS, OCTOBER 1982 Vol. 254, No. 7

FICTION

What a World, Said the Bicycle Rider ..... *William Saroyan* 62

FEATURES

Fighting That Old Devil Rumor (Procter & Gamble) *Sandra Salmans* 18
Being Gay Is a Health Hazard ..... *Barry Vinocur* 26
Focus on Cancer Prevention ..... *Richard S. Schweiker* 28
Home Is Where the Money Is ..... *Thomas Watterson* 30
Mystery in Room 2-A, Conclusion ..... *Berton Roueché* 34
Herpes Update II ..... *Christopher Kagan, M.D.* 38
Patti Davis: Doing It Her Way ..... *Holly Miller* 42
How the Stars Stay Fit ..... *Diane Dalbey* 46
Prevent Your Heart Attack ..... *Norman M. Kaplan, M.D.* 50
The ABCs of Taking Your Blood Pressure ..... *Cory SerVaas, M.D.* 52
A Wife's-Eye View of House Repairs ..... *Maynard Good Stoddard* 58
A Crib Monitor for Mary Melinda ..... *M.H. Brandon* 60
Gold Medals in the Making ..... *S. Rickly Christian* 64
Russia's Churches: Will They Survive? ..... *William Brumfield* 66
Epcot Center: Disney's Dream Come True ..... *Annetta Miller* 70

DEPARTMENTS

Letters 6
Cartoons ..... 12 & 22
Post People 14
Antique Shoppe 78
Photo Contest 84
Travel: Holland on Two Wheels ..... *Marie Bruggeman* 86
Food: Potatoes: The Health Food with a Peel ..... *Frederic A. Birmingham* 90
Where in the World? 100
Post Scripts 104
Medical Mailbox (Spina Bifida) ..... *Cory SerVaas, M.D.* 106

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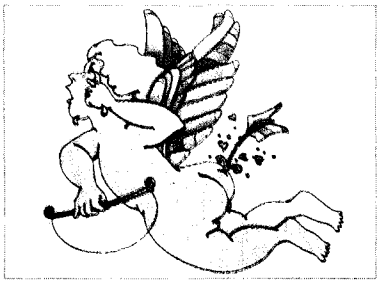
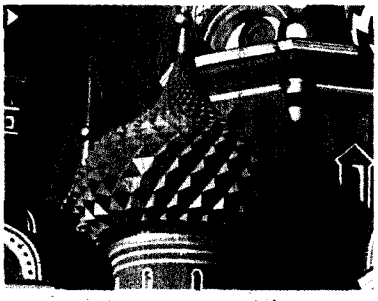
Rooting for Potatoes—There's more to those delicious potatoes than meets the eye. **90**



Lysine vs. Herpes—As herpes is being blamed for yet another disease, lysine/lower-arginine therapy needs more investigation. **38**

Cashing in on Your Home—The older you are, the more money you will make in this new type of real-estate transaction. **30**



Red Churches, Red Tape—The Soviets' system for historic preservation has left churches in the lurch. **66**

Kaplan on the Heart—A noted specialist tells how to reduce the risk of heart attacks and strokes. **50**

Letters

An "A" for AA

While reading "Letters to the Editor" in my September '82 issue, it occurred to me that your magazine did the ultimate service for my father in 1942, and I never thanked you for it.

My father was an alcoholic and had been for a number of years. He'd been in clinics and institutions, all to no avail. By 1942, he was a physical wreck, having DTs and not able to take care of his business. One day in the middle of the summer, while I was at the office, a nice lady who was his bookkeeper said she had read an article in *The Saturday Evening Post* about Alcoholics Anonymous and suggested I send for a reprint. I sent for it, and after reading about AA, I found there was a chapter in Kansas City, 50 miles away. I convinced my father that, if he didn't quit his drinking, he was going to end his days in the state hospital, so he agreed to go to an AA meeting. I took him to that meeting, and on September 1, 1942, while lying in bed having the shakes and clutching his AA book in his hands, he swore he would never take a drink again—and he didn't. Within a few months, he had an AA group started in our town, his business flourished, and till his death at the age of 74, he never did stop working through AA to help other alcoholics make it. I am convinced that my father was in such poor physical condition that he would not have lived very long, and it was your story on AA that saved him in the very nick of time.

Our town now has five AA groups, and I hear that business is booming. Unfortunately, they seem to be getting more very young alcoholics. Maybe this would be a good time for a repeat on the AA story, in the nick of time for some of the most miserable people on earth.

Anonymous

As a result of your letter, we've voted to rerun the classic AA article by Jack Alexander. The AA has used it ever since 1942, and the group credits that good piece with having launched its then fledgling organization. Thank you for suggesting a rerun.

continued on following page

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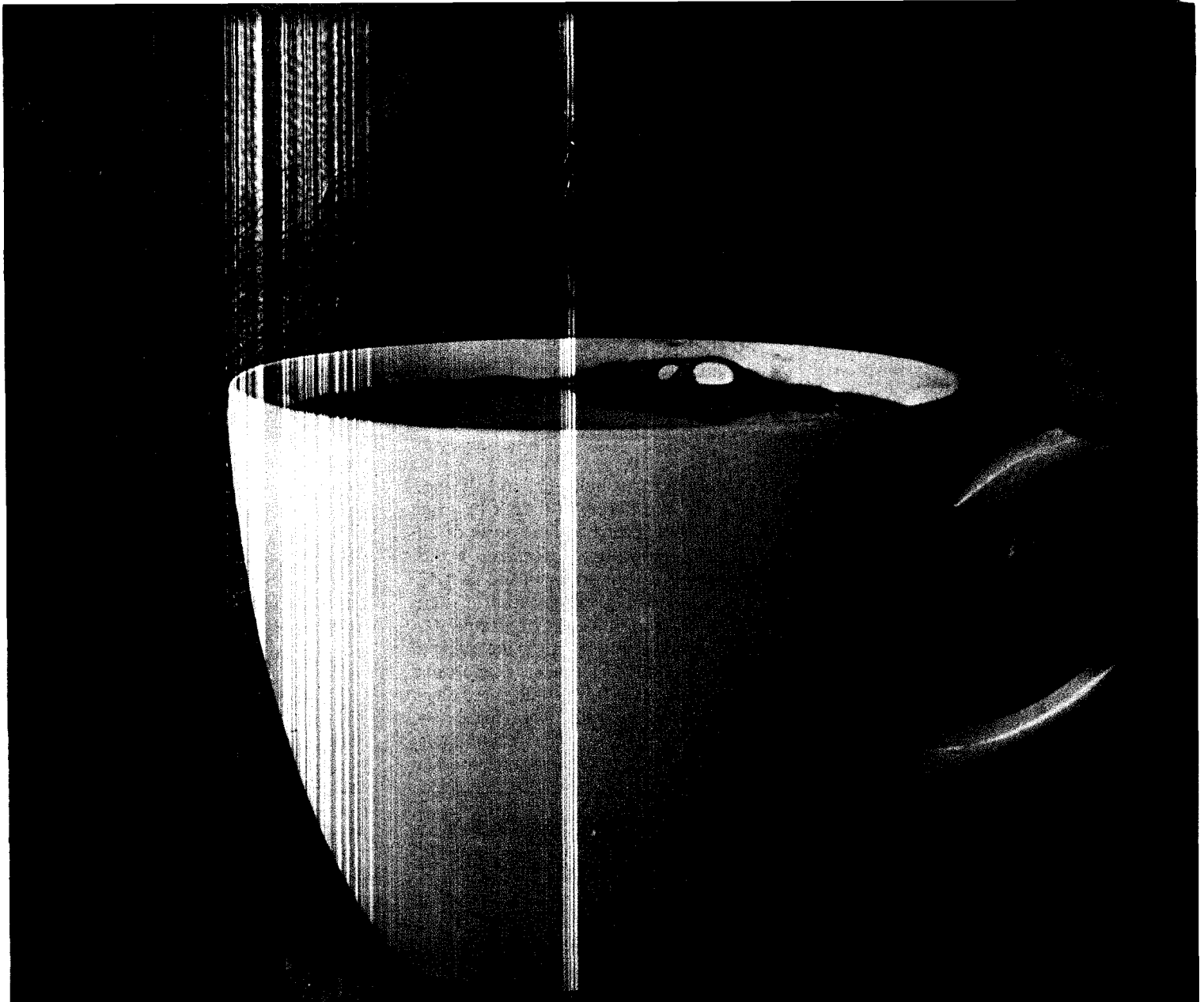

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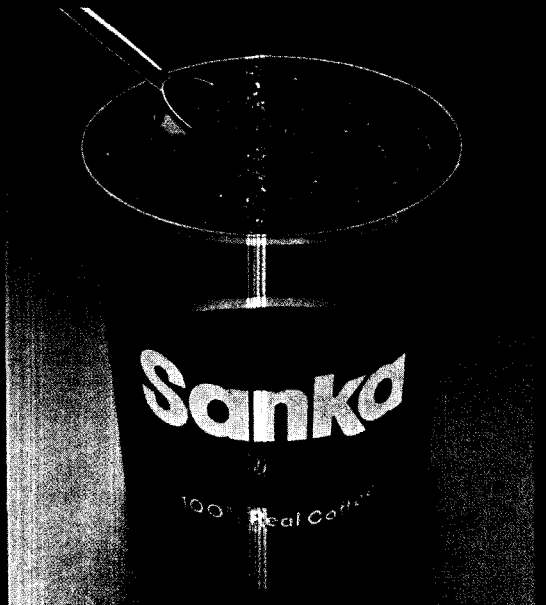

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Lauding L-Lysine

This letter is long overdue. Ever since you chose to "gamble" on *The Saturday Evening Post*, you deservedly gained the admiration and respect of many, many Americans.

It is not simply taking over the *Post* that is important; what is important is the material that you have continued to include therein. For example, it is your most recent issue that finally prompts this letter; that is, the story about L-lysine.

Several of my friends, as well as myself, have previously suffered from shingles. One friend committed suicide because he could not withstand the pain. The doctor said the case I had was the worst he had ever seen. I know, therefore, what suffering one can endure and how great this cure must be. This is only one example of the fine work you are doing, and I felt impelled to express my sentiments.

With every good wish for your success.

Bebe Rebozo
Key Biscayne, Florida

I have had fever blisters all my life. They were especially bad after my divorce. The doctors said they were caused by stress. A nurse I worked with told me about lysine in October. I have been taking it since. If I get off of lysine for a while, a fever blister will occur. I just start back taking the lysine and it disappears by the next day. I have not had a fever blister that was sore and painful like before I started taking lysine. I am so glad that lysine is now getting the attention it deserves.

Linda Thompson, RN
Buchanan, Michigan

I answered your questionnaire for my 2½-year-old. When he was 18 months old, he got his first herpes (fever blisters), and for the last year, it's been a battle to keep recurrences from happening. A friend of mine has genital herpes, and we don't know if somehow he contracted the disease there or if it happened elsewhere.

L-lysine is a miracle; he gets 500 mg. (morning and night), and it keeps his chin and lower lip clear. If we neglect a day or two, he pays for it, and needless to say, we now keep a stock of L-lysine on hand at all times. Thank you for your article. He sometimes will get a slight flare-up, and I wondered why and suspected it may have been foods, but didn't know where to start. Corn seems to be his biggest offender and chocolate next.

Once, three months ago, I purchased lysine tablets, not knowing I needed L-lysine, and he got worse again. Then a friend told me to get L-lysine, and now your article made it perfectly clear. It's been quite disheartening to watch such a young child go through this and feel helpless. Your article is a godsend!

Cindy Tywicul
Etna, California

I am a "true believer" in L-lysine, but not for herpes. I take it in large doses whenever I feel the onset of an upper respiratory infection. I did that about four times in the past 12 months with great success. Taken with about 4,000 units of vitamin C, about 1,800 units of L-lysine made a tremendous difference. Symptoms disappeared in fewer than three days and were very mild. Amazing.

Carol Sweig
Alameda, California

A *SEP* Family

In 1902, I was ten years old. I sold yearly subscriptions to *The Saturday Evening Post*, winning two prizes of books: *The Virginian* by Owen Wister and *Soldiers of Fortune* by Richard Harding Davis. In 1904, upon entering high school, my younger twin brothers, John and James, took over, ordering copies to be sold weekly at 5¢ a copy, all through their grade and high school years. Later, in the Depression years, my nephew, George Keepers, sold *Saturday Evening Post*s during his public school years. This was in Bloomfield, Missouri. I can't ever remember not having *The Saturday Evening Post* on our sitting room table and after we all left home (nine of us), *Saturday Evening Post*s on the tables of brothers', sisters' houses and now my son's, nephew's and niece's! A *Saturday Evening Post* family! Three generations. Thank you for all those wonderful years of good reading!

Ruth C. Finley
Albuquerque, New Mexico

Among the many examples of good reading to be found in the old Post *were numerous stories by* The Virginian *author Wister. One of these was "The Vicious Circle," which appeared in the December 13, 1902, issue. Because we need a copy of this issue for our archives, we are offering $100 to the first reader to send us one.*

Assemblies Article a Blessing

I would like to express my appreciation for the article in your July/August issue about the Assemblies of God by Mr. Plowman. As one of their licensed ministers, I say thanks for the accurate kindness found in the article.

It's not too often you find a secular magazine that has favorable things to say about any or all of the body of Christ.

The Rev. T.G. Rowzee
T.G.R. Ministries
Nederland, Texas

Bring Back Classics

I think your magazine should be especially pleasing to people in an age group that doesn't worship sex and likes to not think about violence and crime any more than we have to.

What I am leading up to is, how about reprints of some of your former great stories that you published in the 1920s and 1930s? I think the older crowd likes to reread these old classics. I know I do. What is your thinking on that?

P.S. Sex is great but we are bombarded with it!

Wesley F. Bosworth, M.D.
Norwalk, California

Buy American. . ?

When the United Auto Workers realize that their high wages have

continued on following page

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Rosa Indica Cruenta. Actual size 7 1/2"

No other plate in the world has so much history behind it as the precious plate you see on the right. The inspired and breathtaking rose was painted by one of the most beloved floral artists of all time, the renowned 18th-century French master, *Pierre Joseph Redouté.* He is the only artist in history to have been appointed painter of Roses to *11 Crowned Heads of Europe.* Among them were The Emperor Napolcon, The Empress Josephine, Queen Marie-Antoinette, and King Louis XVI. Queen Marie-Antoinette once said "To look at one of his roses even on the blackest winter morning is to breathe in the fresh joy of spring".

The little Pottery in the Forests of Bavaria chooses The Roses of Redouté to celebrate their 100th Anniversary

The Carl Schumann Porcelain Pottery is little known to the world at large. It does not advertise itself nor does it seek the vulgar limelight of publicity.

The few in the know

But those who spend a lifetime seeking out and acquiring the truly fine and rare, they know the little pottery in the forest. They know, for example, that for 50 years the Carl Schumann Pottery was the *only pottery in the entire world* able to produce the now classical open-lace porcelain you see on the right. (And it is still the only pottery able to produce open-lace porcelain that meets the almost-impossible standards of these knowledgable clients).

Carl Schumann's Crowning Glory

Let us now look at the Crowning Glory of the 100-year-old Carl Schumann Pottery, the *stunning* Redouté Rose Plate Series:

* The Redouté Roses in the center and on the lacework are the Exact and Original Roses of Pierre-Joseph Redouté, Painter of Roses to 11 Crowned Heads of Europe.

* As many as *fourteen separate color-shades* were used in every rose and lithographed individually by hand.

* *The 24-carat gold* on the outer and inner circles is *pure* 24-carat gold, nothing less.

* The exquisite and truly unique open lacework could only have been produced by the Carl Schumann Pottery, the only pottery in the world able to produce lacework of this delicacy and beauty.

* *And each precious plate is fired no less than three times* at enormous temperatures: 2,500 deg. for 36 hours, 1,800 deg. for 18 hours and 1,500 deg. 8 hours.

The Empress Josephine could not believe her eyes. This ugly man with the enormous hands of a blacksmith could never have painted the Divine Roses hanging in the Palace. Impossible! And then she saw him at work. And tears came to her eyes.

This incredibly beautiful series of 12 Redouté Rose Plates is the Crowning Achievement of the Carl Schumann Pottery. It is an achievement that will never be surpassed!

Examine this acknowledge Masterpiece in your home.

If you would like the pleasure of seeing this superb Redouté Rose Porcelain Plate, *with your own eyes,* this is a priceless opportunity. And you will be billed just $ 39.50 (the clients of Carl Schumann would consider this price astonishly low). As a subscriber you will then receive your plates at the convenient rate of one every other month at the same *guaranteed* price. Of course you will not be forced to buy more plates than you want. You may certainly cancel your subscription at any time. If you should receive any plate you are not absolutely delighted with, you may return it in 30 days for replacement or full refund.

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helped price U.S. cars out of the market, then I will buy American. When the Detroit automobile moguls fire the executives that failed to realize the swing in market trends, then I will buy American.

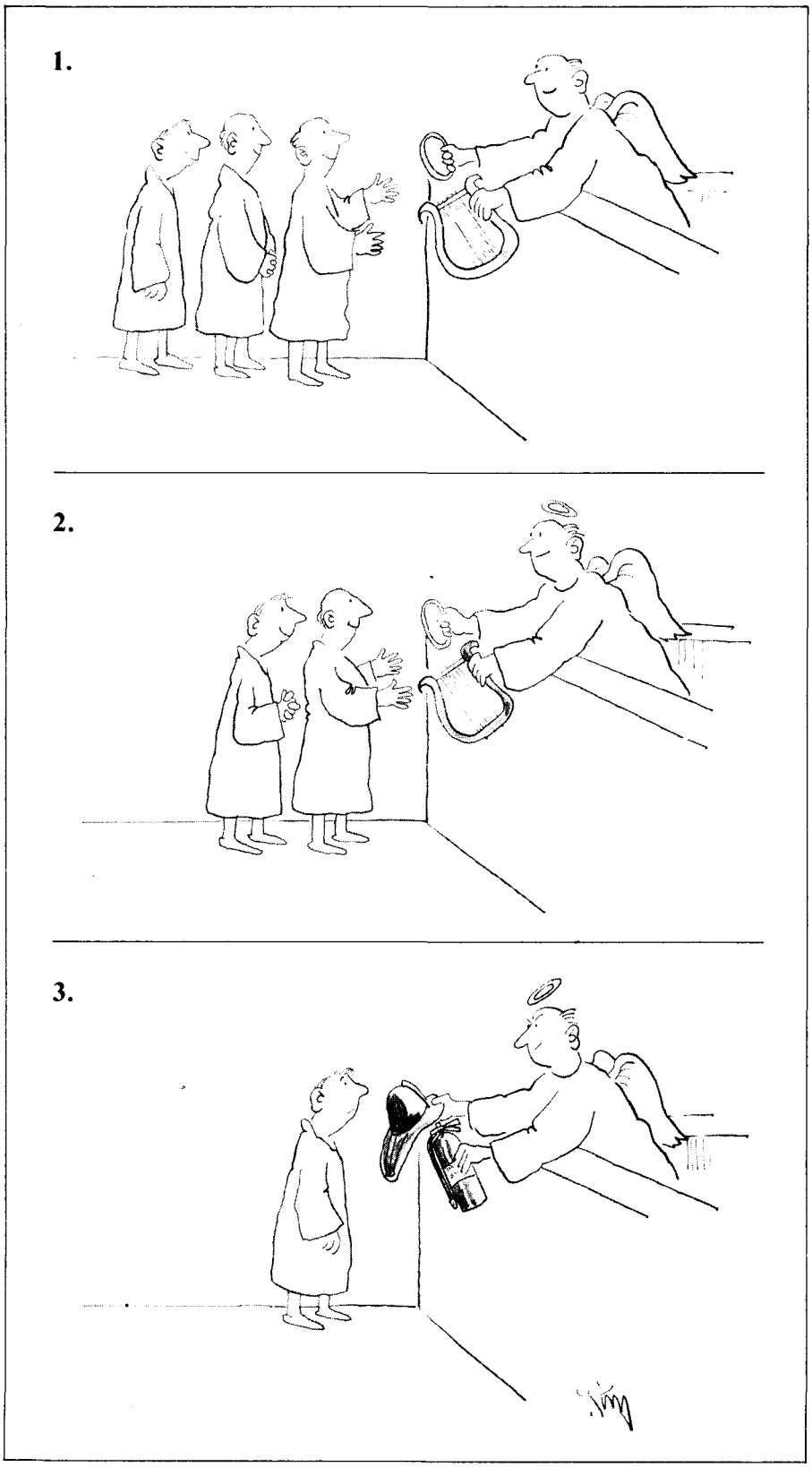
H.M. Morillo
Garden City, Kansas

I was impressed with the article "Why Buy an American Car?" in your July/Aug. '82 issue, until I read that the Japanese require additional features on American cars imported into Japan, such as exhaust-temperature alarm, locating the rear-view mirrors near the headlights, head restraints, side marker lamps and a particular bulb to light the license plate.

The article states: "All these changes *double* the price of the American car" (emphasis mine).

Come on now, how much can that light bulb *really* cost?

Ralph H. Carroll
Mabank, Texas



Regarding your recent article on buying American-made cars: What short memories we Americans have. Do you remember that Detroit never gave us energy-efficient cars until Japan did? Detroit never gave us cars that we could honestly afford in this economic time until Japan did? Detroit did not give a darn what it cost us to maintain our cars until they began to feel it in their wallets!

So go ahead, auto unions, insist on those high wages. Just remember who foots the bill and keeps those union officials in their mansions. They couldn't hold down an honest job anyway!

But you, the auto buyer, remember that they did not care what it used to cost us to repair the gas-hungry tanks that they used to produce—and just how long should we expect this new-found interest to last?

Cindy Lawrence
Santa Ana, California

Cure for Snoring?

Re: "The Sounds of Sleep" (Dec. '81). About five years ago, I discovered an easy way to prevent simple (uncomplicated) snoring. Just put an inch or so of half-inch transparent tape across either the right or left side of your mouth when you are ready to go to sleep.

I had a letter about this method in the *Boston Globe* and one in the *Quincy Patriot Ledger,* but cannot tell how many snoring sufferers have heard about it. People do not care to admit they snore.

I still see quite complicated preventive measures suggested to the public, even operations, by members of the medical profession. So it appears that many people, including doctors, have not learned how easy it is to prevent snoring.

I feel very strongly that this should become common knowledge. It would help a lot of people.

Charlotte M. Noyes
Dedham, Massachusetts

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ELECTRONIC REPRODUCTION PROHIBITED

The renowned illustrator of "Little Women" creates her first porcelain sculptures ...

Amy by Tasha Tudor

Inaugurating Tasha Tudor's first collection of porcelain sculptures. Individually crafted, hand-painted and issued in limited edition. Art of enchanting beauty, at the very attractive price of $75.

In today's world of fine book illustrators, there is one name that stands out among the rest—*Tasha Tudor.* An artist who, for almost fifty years, has been capturing the hearts of millions with art that is happy, innocent and filled with old-fashioned charm. With delicate use of colors and a wealth of detail, her illustrations create a magical world of make-believe with characters as loveable as they are unforgettable.

Now, to celebrate the 150th anniversary of author Louisa May Alcott's birth, Tasha Tudor has created her very first works in porcelain. A collection of limited edition "Little Women" sculptures that are sure to be of exceptional interest to collectors.

"Amy" portraying Louisa May Alcott's charming, blue-eyed beauty, inaugurates the collection. Crafted in fine, hand-painted porcelain, it is a thoroughly delightful work of art. And it will be issued at the very modest price of just $75—which may itself be paid in convenient monthly installments.

The figure that Tasha Tudor has designed is so vivid, so alive, it's as if "Amy" had invited you into the pages of "Little Women" to come pay a special visit. There she sits with bent head and dreamy eyes fixed on the sketchpad in her lap. From her golden curls cascading down her shoulders, to the ruffled pinafore she wears as an artist's smock—she's the very vision of loveliness. A captivating and compelling sculpture as charming and full of grace as Louisa May Alcott's young artist.

To ensure that every small detail of Tasha Tudor's art—every nuance of expression—is faithfully captured, each imported sculpture will be individually crafted by master porcelain artisans. Each sculpture will be hand-cast ... hand-assembled ... and meticulously hand-painted with uncompromising care.

In the tradition of classic works in fine porcelain, "Amy" will be issued in a single limited edition, reserved exclusively for those who order from the collection by November 29, 1982—the 150th anniversary of Louisa May Alcott's birth. When all valid orders from these individuals have been filled, the edition will be permanently closed.

"Amy" will bring her own personality and charm to your home and any room in which you choose to display her. And in time to come, this engaging work of art is likely to become a treasured family heirloom, lovingly passed on from mother to daughter.

To acquire your own hand-painted fine porcelain sculpture of "Amy" by Tasha Tudor, it is important to act promptly. Please be sure to mail the accompanying advance reservation application by November 29, 1982.

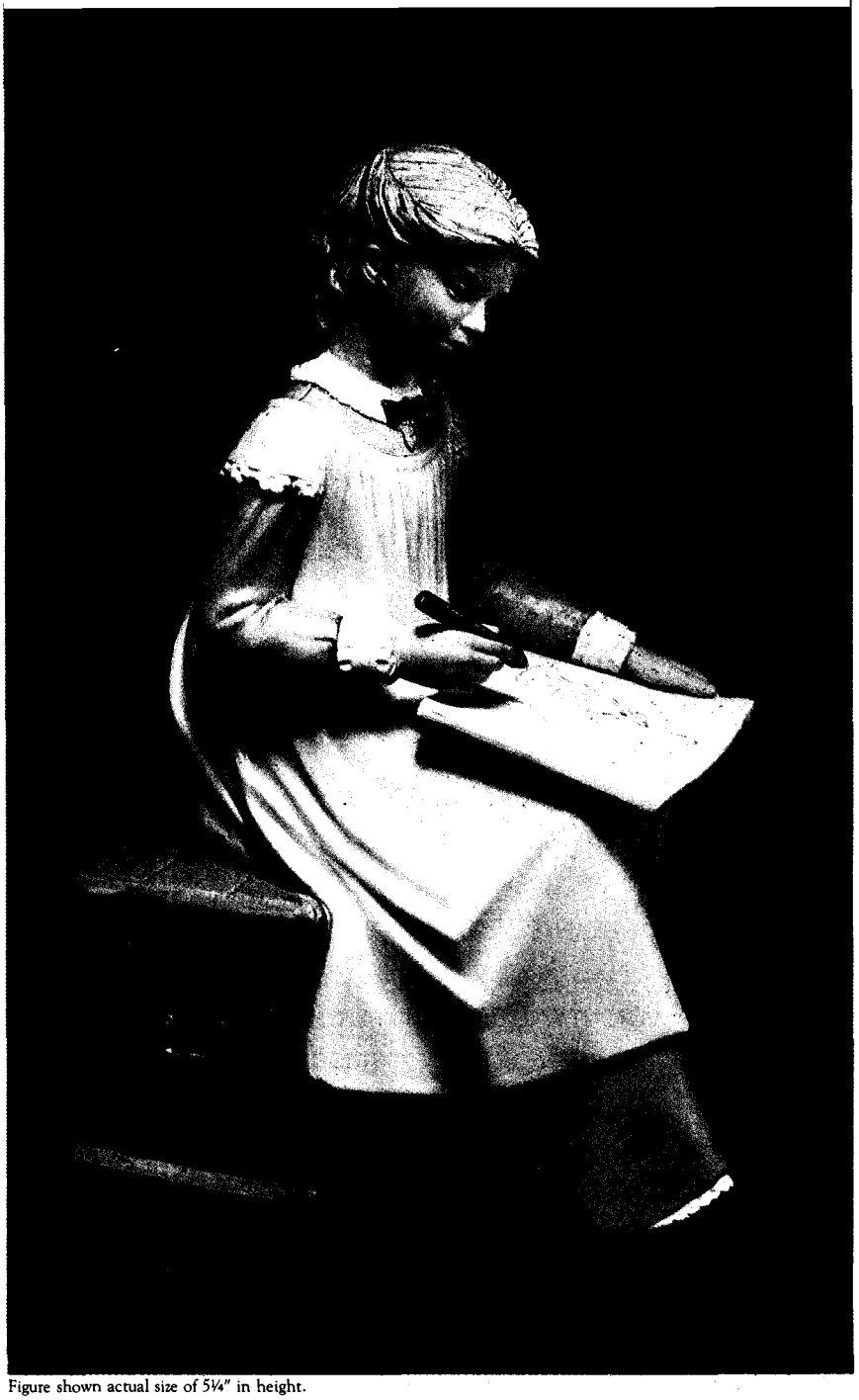

Figure shown actual size of 5¼" in height.

© 1982 FP

ADVANCE RESERVATION APPLICATION

Amy *by Tasha Tudor*

Franklin Porcelain
Franklin Center, Pennsylvania 19091

Valid only if postmarked by November 29, 1982.

Limit: One sculpture per person.

Please accept my reservation for "Amy" by Tasha Tudor, to be handcrafted for me in fine, hand-painted porcelain.

I understand that I need send no money now. I will be billed in four equal monthly installments of $18.75* each, with the first payment due in advance of shipment. **Plus my state sales tax, and $3. for shipping and handling.*

Signature_____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE.

Mr.
Mrs.
Miss_____
PLEASE PRINT CLEARLY

Address_____

City_____

State, Zip_____

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$6995.* CONCORD DL KNOWN BY THE STANDARDS WE KEEP

FULL VINYL ROOF	STANDARD
4.2-LITER 6-CYLINDER ENGINE	STANDARD
INDIVIDUAL RECLINING SEATS	STANDARD
QUARTZ DIGITAL CLOCK	STANDARD
DELUXE BODYSIDE MOLDING	STANDARD
WHITE SIDEWALL RADIAL TIRES	STANDARD
WIRE WHEELCOVERS	STANDARD
DELUXE EXTERIOR TRIM	STANDARD
FRONT AND REAR BUMPER GUARDS	STANDARD
REMOTE CONTROL EXTERIOR MIRROR	STANDARD
EXTRA-QUIET SOUND INSULATION PACKAGE	STANDARD
WOODGRAIN INSTRUMENT PANEL	STANDARD
EXCLUSIVE BUYER PROTECTION PLAN®	STANDARD
FULL 5-YEAR NO RUST-THRU WARRANTY™	STANDARD
ZIEBART® FACTORY RUST PROTECTION	STANDARD
PRICE	**$6995**

AVAILABLE AT OVER 1500 AMERICAN MOTORS DEALERS NATIONWIDE.

*LIST PRICE EXCLUDING TAX, LICENSE, DESTINATION CHARGES, AND OTHER OPTIONAL OR REGIONAL EQUIPMENT EXTRA. SEE YOUR DEALER FOR WARRANTY AND RUST PROGRAM DETAILS.

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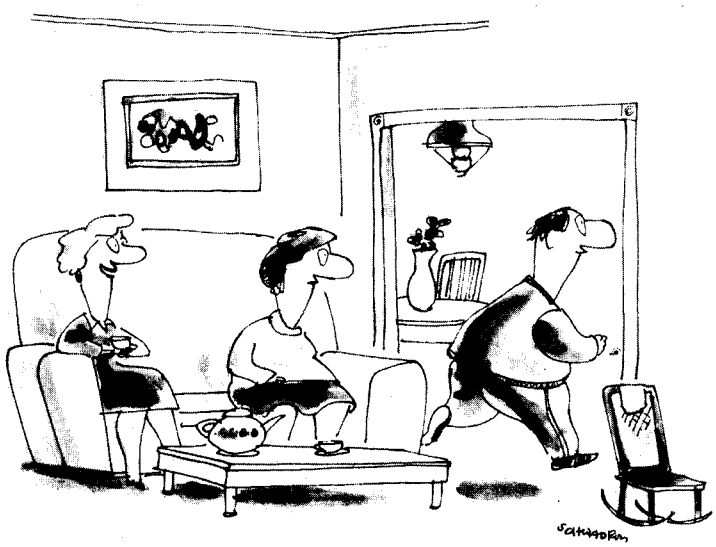
FANCY FOOTWORK

"I'll be back in a minute, Miss Biggers. I hear the popsicle man!"

"Prince, if I've told you once, I've told you a thousand times: You've got to pace yourself!"

"Man! It's getting colder than a. . . ."



"Attwell prefers to jog through the house; any time he gets tired, he's already home."

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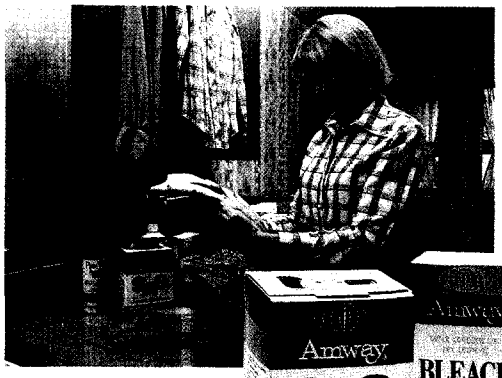
Everywhere, people are discovering the variety of Amway® quality products ...without going shopping.

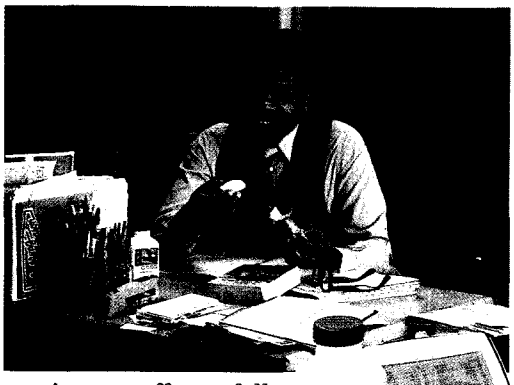
© 1981 Amway Corp., Ada, MI U.S.A. All rights reserved.

You've never looked better with Amway's exciting line of cosmetics – plus toiletries and jewelry for both women and men.

Dishwasher detergents, Scrub Buds® scouring sponges, L.O.C.® Liquid Organic Cleaner and others, make light work of your kitchen chores.



From laundry detergent to prewashes to boosters to bleach, Amway provides a complete laundry program tailored to your needs.



Amway offers a full line of Nutrilite® food supplements – and the Nutrilite Food Bar – to aid your family's nutrition.

This selection merely hints at the variety of the more than 300 products Amway offers to make your life easier, happier and more fun. To find out more, talk to an Amway distributor near you. If you need help in finding a distributor, dial toll-free (except in Hawaii and Alaska, write from there) 1-800-253-4463 (Michigan residents dial 1-800-632-8723). Do it today! Amway Corporation, Ada, MI 49355, Amway of Canada, Ltd., London, Ontario N6A 4S5.

Get the whole story.

Amway®
SHOP WITHOUT GOING SHOPPING

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Post People

Holly Coors

When not reining in her favorite steed, Her Royal Highness ***Princess Ann*** is a-trot the globe as a good will ambassador for Great Britain. This year's tour included stops at Denver and Santa Fe, where she spoke on invitation from the Institute of International Education and the English Speaking Union. With the birth of William, Prince of Wales, the princess slides to fifth in succession to the English throne; however, she remains the sole claimant to the title of Royal Aunt.

Holly Coors

Peter Coors (left), divisional president of Adolph Coors Company, learns about the theory of democratic capitalism from author ***Michael Novak***. Once a stalwart socialist, Novak has since embraced the capitalistic system as the "last best hope" of civilization because, he says, it tends to expand the wealth of all citizens by producing incentives for productivity. His recent book, *The Spirit of Democratic Capitalism*, on the spiritual and moral values of democracy and free economy, is heralded as a classic by critics.

Jim Bakker, host of the popular syndicated Christian talk show, "The PTL Club," listened intently last May as President Ronald Reagan challenged a group of religious leaders "to get personally involved in solving human problems." Bakker had formed a plan for a series of centers across the nation that would offer, free of charge, food, clothes, shelter, job-bank assistance, counseling and, most of all, concern and love. Within less than six months, that proposal was taken from concept to reality, and now there are almost 1,000 People that Love Centers across the country. "Taking used clothing and encouraging church members to buy and bring an extra food item or two every time they shop is the core of the supply," explains Bakker. "Store owners are also encouraged to give surplus and out-of-season merchandise." Each center is set up by a local church or layman. With PTL guidelines, assistance and advertising, the pastors are educated in basic needs and the means of fulfilling them. First-time visitors receive a four-day supply of food and clothing. On later visits, they receive counseling. "We are showing love, and that love is saving souls, and that's what it is all about," says Bakker.

Leading man ***Tom Selleck*** had heads turning as far away as the Adriatic this year, where he'd snipped his curly locks and grown a stubbly beard for the filming of *High Road to China* along Yugoslavia's blustery coast. He was forced to quaff ice cubes to keep vapor from clouding his lines in the frigid climate. Now back home and warming up to his old Hawaii routine, he's shooting more "Magnum," tending his backyard garden and two coconut palms and reviewing a backlog of potential scripts.

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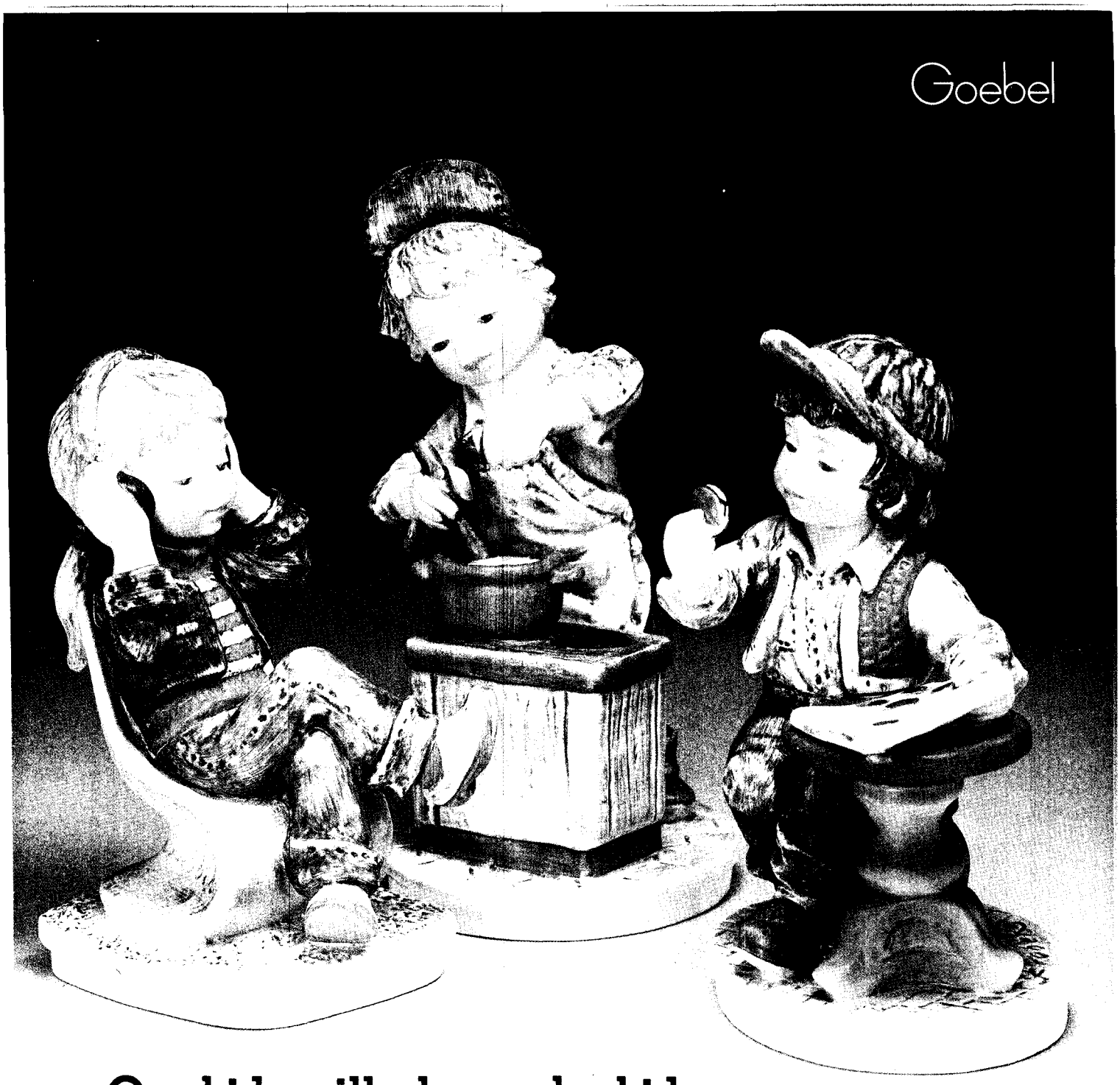

Our kids will always be kids.

Children have a way of growing up. It makes you happy, it makes you sad.

But now Goebel of West Germany and sculptor Gerhard Skrobek, the team that gives the world "M.I. Hummel" figurines, have a way to help you save the good times. "Today's Children." Bright, active, modern children...doing what kids do. As a gift, the beginning of a collection or just as a memento, a figurine from the new and ongoing "Today's Children" series is perfect.

Of course you don't want your kids to be kids forever. But you don't want to ever forget how much fun their childhood was.

Today's Children™

For a catalog and brochures, send $1.00 to:
Goebel, Dept. SE210Z, P.O. Box 526, Tarrytown, N.Y. 10591.

Also available in Canada.

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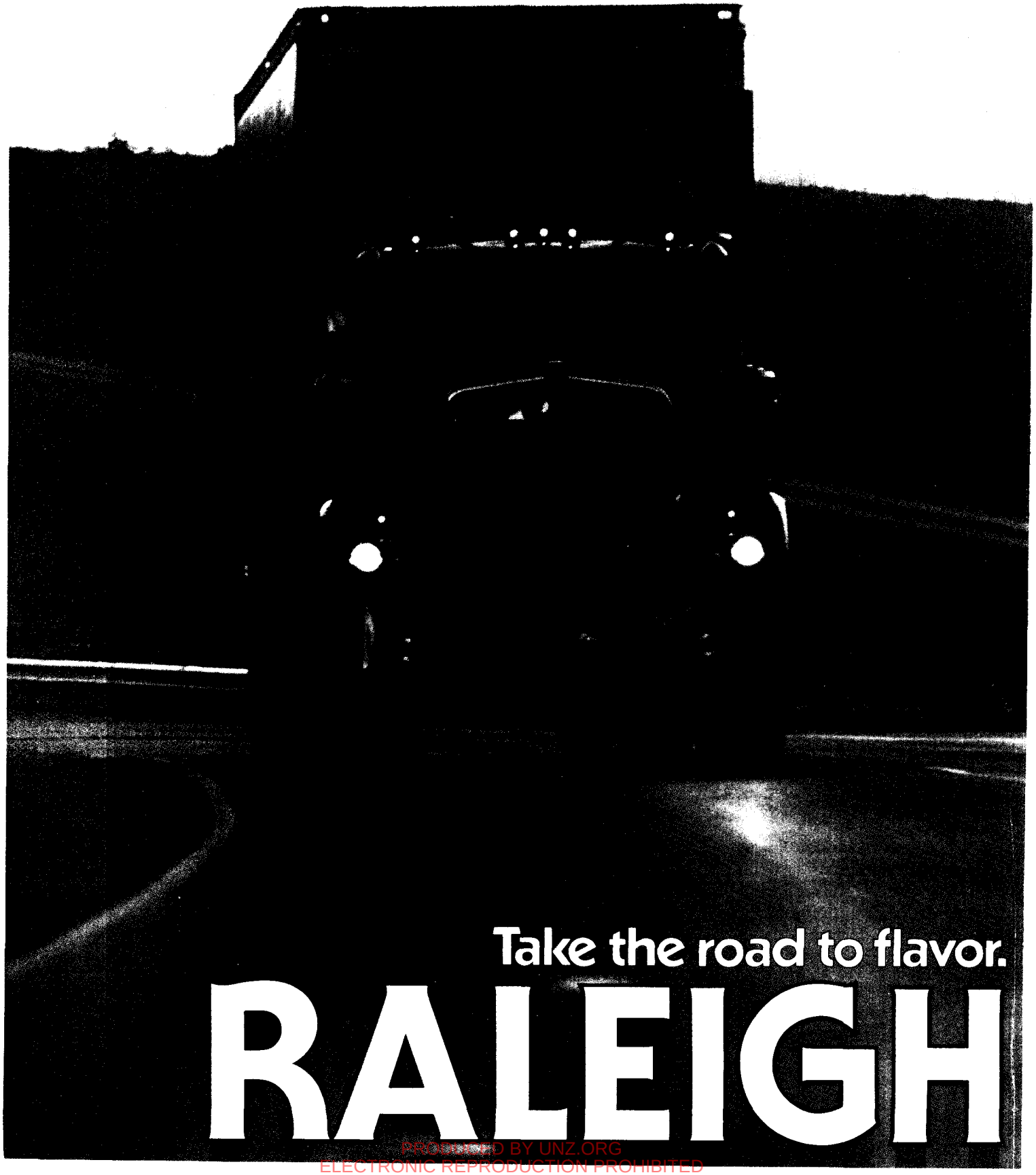
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter Kings, 15 mg. "tar", 1.0 mg. nicotine; Plains, 22 mg. "tar", 1.3 mg. nicotine av. per cigarette, FTC Report Dec. '81.



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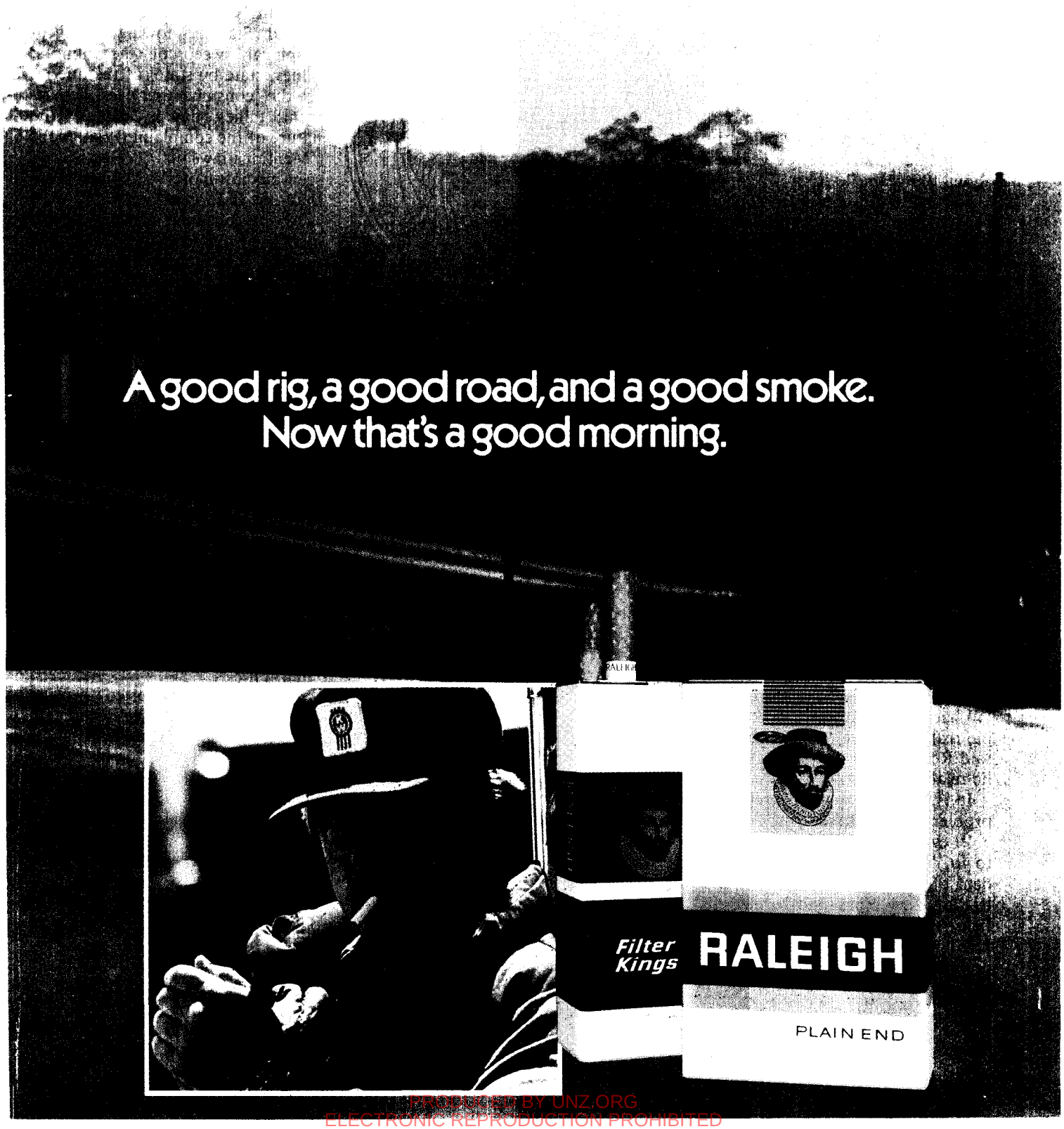

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FIGHTING THAT OLD DEVIL RUMOR

Procter & Gamble has tuned up its PR to combat a widely circulating rumor that its moon-and-stars emblem is a mark of something other than quality.

by Sandra Salmans

Cathy Gebing's telephone rings every few minutes, and the question is always the same: Is the moon-and-stars design on Procter & Gamble's 70-odd products the mark of the devil?

"No, sir, that's a false rumor," Mrs. Gebing answers patiently. "That's our trademark; we've had it about 100 years."

Normally the consumer services department, this is now the rumor control center for Procter, the consumer goods giant that has lately become the focus of a nationwide rumor campaign.

The rumors, first appearing about two years ago, essentially contend that Procter's 132-year-old trademark, which shows the man in the moon and 13 stars representing the original colonies, is a symbol of Satanism and devil worship. The rumor-mongering also urges a Christian boycott of Procter's products, which include Pampers, Duncan Hines and Folger's, plus dozens of other well-known names.

After a great deal of indecision about how to combat the rumors, Procter took formal action in July, filing libel suits against seven individuals for spreading "false and malicious" rumors. The company has said that it may file more suits. "What we have to do is make people realize that we mean business," said Robert Norrish, Procter's public relations director.

It is, in fact, a public relations problem and a difficult one.

"Legal recourse isn't a happy way to go," said Robert Schwartz, president of Manning, Selvage & Lee, a leading New York public relations firm, "but they probably had very few alternatives. The company was diverting resources to deal with this, and at some point, you have to call a halt." However, Mr. Schwartz added, if Procter loses the suits, its image will certainly suffer.

Procter has firmly rejected suggestions that it simply remove the offending symbol from its packages. That, however, increases the suspicions of some consumers.

"If it causes controversy, I don't see why they have to have it," said Faye Dease, a clinic supervisor at Womack Army Hospital in Fort Bragg, North Carolina. Mrs. Dease said that, when a mirror is held up to the logo, the curlicues in the man's beard become 666—the sign of the Antichrist.

Procter is not the only company to have fallen siege to rumors. McDonald's has found itself subject to whisper campaigns contending alternately that the restaurant chain was giving to Satan or that it was putting worms in its hamburgers. Entenmann's, the bakery owned by the Warner-Lambert Company, was rumored to be owned by the Rev. Sun Myung Moon's Unification Church.

But the rumors have been more enduring at Procter, and the company's course—to go not only to news organizations and clergy for help, but also the courts—has been more aggressive.

Procter is going after the rumor with all the diligence that it devotes to a new product introduction. A three-inch-thick file documents the company's strategy: a map of the United States, showing the geographical sweep of the rumors; tallies, state by state, of the queries to the consumer services department; tallies, day by day, of the nature of the complaint ("Satanic"; "Mentions lawsuits"; "Has heard/seen media reports"; "Check more than one if appropriate").

At the consumer services department, whose toll-free telephone number is printed on every Procter package, the calls first began trickling in two years ago, the company said.

Individuals in a handful of Middle Western states said they had heard that Procter was owned by the Rev. Sun Myung Moon's followers. In November 1980, Procter felt compelled to answer the charges by writing to news organizations in those states.

But in December 1981, there were suddenly 1,152 queries, by the company's tally, mainly from the West Coast, and the focus shifted from the Moon church to the devil. "In the beginning, God made the tree," a 75-year-old woman wrote the company. "Where did Satan get Charmin?"

Many callers reported hearing that Procter's "owner" had appeared on a television talk show where he admitted selling his soul to the devil in order to gain the company's success.

Anonymous fliers, usually misspelling the company's name, began to appear at supermarkets. "Proctor & Gamble," one said, "announced on 'The Phil Donahue Show' Friday that they contribute 10 percent of their earnings to the Satanic religion (which is devil worship)."

"Do you realize," another anonymous flier said, "that if all the

continued on following page

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Enchanting scenes from nature in a series of limited edition sculptures

by world-renowned sculptor Gunther Granget

Bear Cub and Beehive
Shown here actual size

Destined to be a family treasure

Now, you can enjoy the enchantment of nature's lighter moments in your own home. Gunther Granget, world famous wildlife artist, has created a unique series of six scenes inspired by the chance encounters of woodland creatures.

Each scene consists of two free-standing figures poised in a spirited and whimsical meeting.

With a gleaming hand-burnished French Bronze finish and cast in fine sculptor's metal, each sculpture is an exquisitely detailed work of art, incredible for its realism and authenticity.

Entitled *Woodland Encounters*, the series captures unique facets of nature's animals as observed by Granget. Hungry little Bear Cub, unaware he has created a tempest in a beehive, is so busy enjoying the sweet wild honey that he doesn't notice the bee sitting on his nose!

Five other delightful encounters! Owl and Mouse, Rabbit and Bunnies, Chipmunk and Butterfly, Skunk and Bluejay, Fox and Squirrel — all enchantingly life-like.

In each intricate work of art, Granget does more than create accurately detailed sculptures . . . he captures the subtle nuance of expression between the interacting animals, adding personality to each . . . a rare dimension seldom seen in wildlife art.

Beautifully hand-crafted, *Woodland Encounters* is a collection of French Bronzed masterpieces that will be an endlessly rewarding possession for you, a joy to your friends, and a cherished heirloom for your family.

To reserve your collection, send no money now. Simply return the attached coupon before the stated deadline. You will be billed for each set of two figures in two equal monthly installments of $34.75, plus shipping and handling. The sculptures will be sent at the rate of one set every other month.

Your satisfaction is 100 percent guaranteed. You will have 15 days to examine your first set of sculptures, and may return it for a full refund if not completely satisfied.

This reservation is guaranteed acceptance only if postmarked by October 31, 1982.

Calhoun's Collectors Society
7275 Bush Lake Road, P.O. Box 1218, Minneapolis, Minnesota 55440

Owl and Mouse

Rabbit and Bunnies

SEND NO MONEY NOW

Reservation Coupon

This reservation guaranteed acceptance only if postmarked by October 31, 1982.

Mail to:
Calhoun's Collectors Society, 7275 Bush Lake Road, P.O. Box 1218, Minneapolis, MN 55440

Please accept my reservation for *Woodland Encounters.* I understand I need send no money now. I will be billed in two equal monthly payments of $34.75* (plus $1.25 postage and handling per payment) for each set of two sculptures, with the first payment due prior to shipment.

I prefer to charge my credit card account: ☐ VISA ☐ MasterCard

Acct. No. (all digits) _____ Exp. Date _____

Signature ☐ Ms. ☐ Miss ☐ Mrs. ☐ Mr. _____ (required)

Name _____ (please print clearly)

Address _____

City _____ State _____ Zip _____

*Minnesota residents add 5% ($1.74) sales tax per payment.

#2566-SAE

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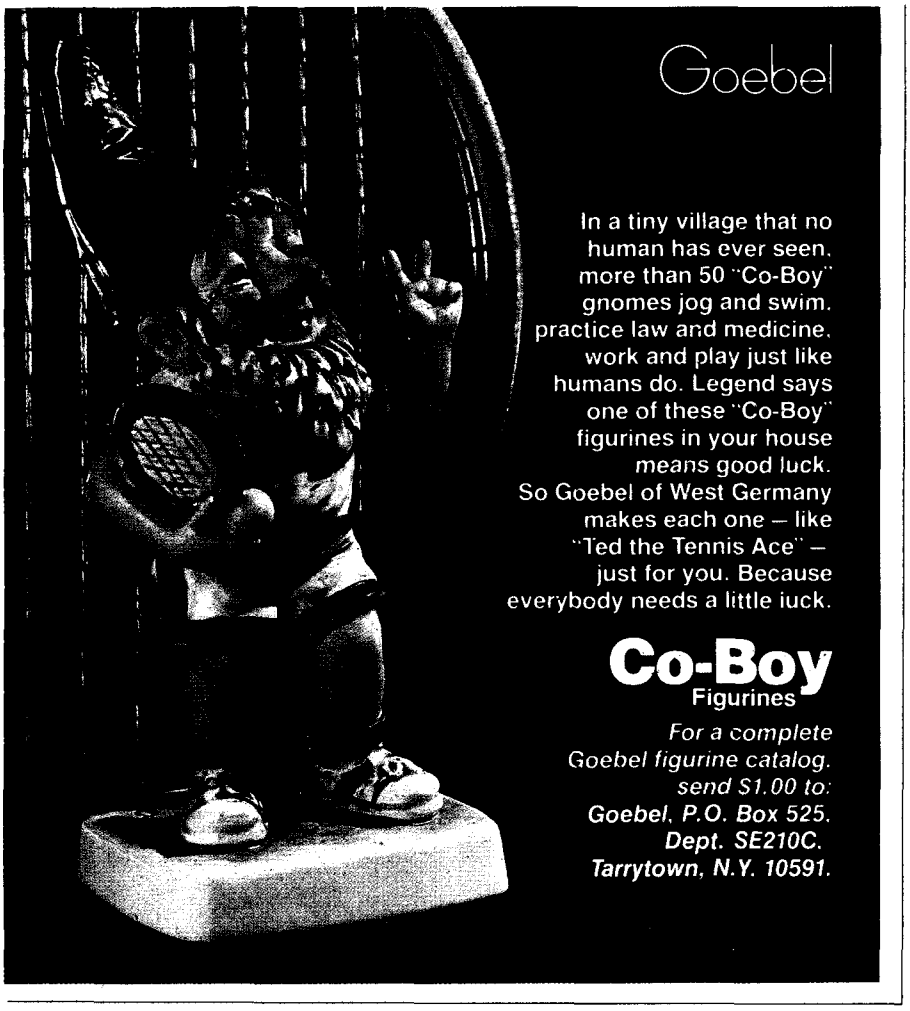
Goebel
In a tiny village that no human has ever seen, more than 50 "Co-Boy" gnomes jog and swim, practice law and medicine, work and play just like humans do. Legend says one of these "Co-Boy" figurines in your house means good luck. So Goebel of West Germany makes each one – like "Ted the Tennis Ace" – just for you. Because everybody needs a little luck.
Co-Boy
Figurines
For a complete Goebel figurine catalog, send $1.00 to: Goebel, P.O. Box 525, Dept. SE210C, Tarrytown, N.Y. 10591.

Christians in the world would stop buying Proctor and Gamble Products this Company would soon be out of business?"

Procter did a second mailing, to news organizations on the West Coast. But this time there was no letup. By last spring, Procter was getting 12,000 queries monthly about its relationship with the devil. There were reports of ministers, mainly in small Fundamentalist churches, attacking Procter from the pulpit and urging their congregations to boycott its products.

Given the dubious results of the news media campaign, John Smale, Procter's president, decided on a less public line of attack. The company wrote to local clergy and enclosed testaments of faith from very prominent clerics, including preachers who led an earlier attack on Procter for sponsoring television shows of what they regarded as questionable morality. The Rev. Jerry Falwell, leader of Moral Majority, a church-based conservative political-action group, wrote that he had talked with Procter's chairman, "and I am certain neither he nor his company is associated in any way with Satanism or devil worship."

By June, however, the center was receiving more than 15,000 queries monthly, including a few from Alaska and Hawaii.

Mr. Smale told Procter's public relations department to forget his earlier cautions. On June 10, "We presented our recommendations to Mr. Smale," William Dobson, of the public relations department, recalled. "It was essentially to go on the offensive."

On July 1, Procter announced its first lawsuits. The litigation was "a very hard-nosed way to generate publicity," Mr. Dobson said. "We were working on the traditional Procter concepts: reach and frequency."

The subjects of those lawsuits and a second wave later in the month —Mike Campbell of Atlanta, William and Linda Moore of Pensacola, Florida, Guy Sharpe of Atlanta, Elma and Ed Pruitt of Clovis, New Mexico, and Sherman and Margaret McCord of Tullahoma, Tennessee—were chosen simply because "they just happened to be the first people where we felt we had enough evidence to go to court," Mr. Dobson said.

Most of the leads to ministers had evaporated, and in any case, a suit against a member of the clergy, "frankly, wasn't our optimum choice," Mr. Dobson said.

All but one of the defendants sell products of competing consumer-goods companies, according to Procter. The Moores and Mr. Pruitt are distributors for the Amway Corporation, which sells soap and other consumer products door-to-door. The McCords are distributors for Shaklee, which sells vitamins, household cleaners and personal care products. Mr. Campbell works for a grocery brokerage firm that represents manufacturers of household cleaning products.

However, "there is no evidence that companies are pushing this rumor," Mr. Norrish said. Nor is it clear that they were economically inspired. "We didn't try to figure out motives," he added. "We just want to stop them."

Most of the defendants denied the charges or said that they were convinced the rumors were false.

Mrs. McCord said that she had printed the rumor in her newsletter to other Shaklee distributors, but had realized her mistake and apologized in both the newletter and a letter to Procter. Mrs. Pruitt said she and her husband stopped distributing anti-Procter leaflets after learning that the rumor was false.

William Hurst, the lawyer for Mr. Campbell, said that his client did hand an anti-Procter circular to a supermarket clerk when he was stocking the shelves with Clorox, but it was his only copy, and "he did not believe it."

Mr. Sharpe, a well-known weatherman for WXIA-IV in Atlanta and a Methodist lay preacher, issued a denial that he had made defamatory remarks against Procter & Gamble.

The lawsuits provoked the hoped-for flurry of publicity, including network television coverage, and the number of queries to the consumer services department has fallen by half, Procter says. But few of the remaining 250 or so callers each day have heard of the lawsuits. "How do you reach them?" Mr. Norrish wonders.

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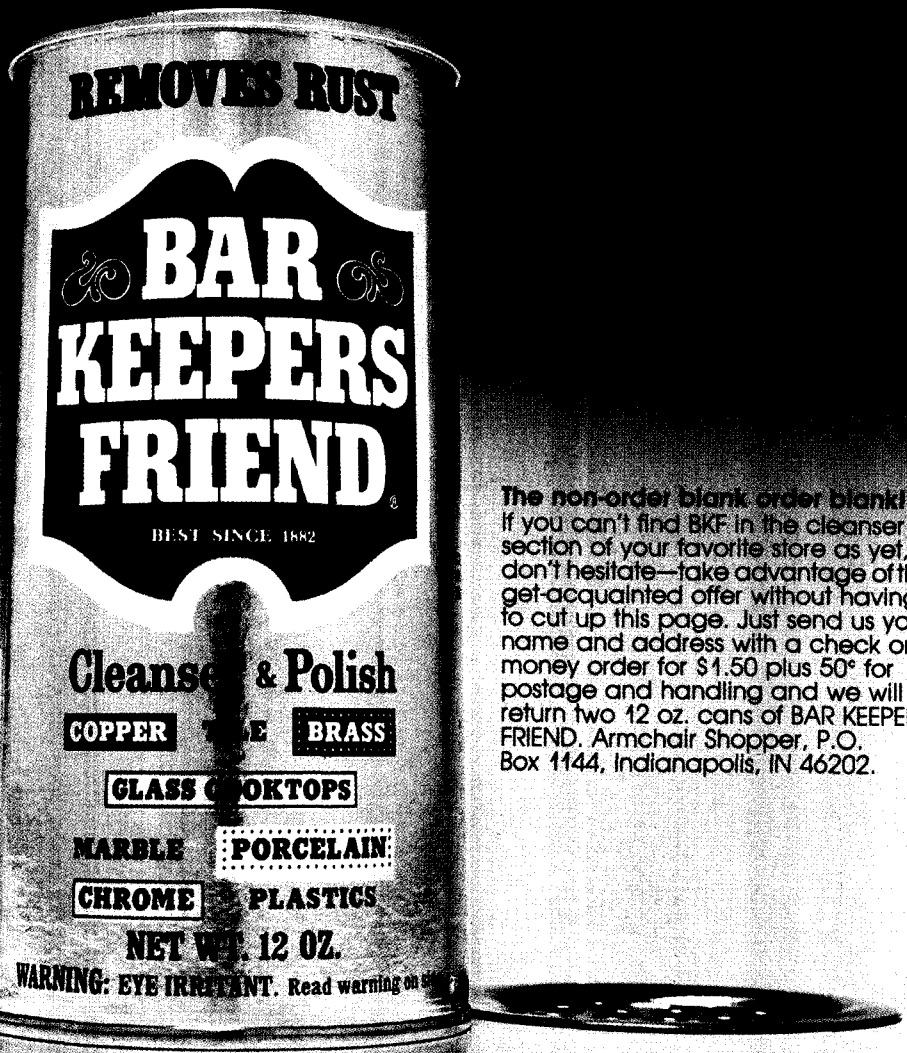
THE CAN DO CLEANSER!



...stains, like rust and lime deposits, are often too tough for America's leading cleanser. But test after test has proven those tough stains are not too tough for Bar Keepers Friend, the can do cleanser.

Bar Keepers Friend is a non-abrasive, talcum-smooth powder with superior cleaning and polishing power on most every surface in your home. It's so effective, yet safe, that it's recommended by Tappan, Montgomery Ward and Admiral for their glass-ceramic cook tops.

You'll be delighted how well Bar Keepers Friend works on stainless steel sinks and fiberglass shower stalls, too.

Next time your cleanser can't, remember the name of the cleanser that can. Bar Keepers Friend.

The non-order blank order blank! If you can't find BKF in the cleanser section of your favorite store as yet, don't hesitate—take advantage of this get-acquainted offer without having to cut up this page. Just send us your name and address with a check or money order for $1.50 plus 50¢ for postage and handling and we will return two 12 oz. cans of BAR KEEPERS FRIEND. Armchair Shopper, P.O. Box 1144, Indianapolis, IN 46202.

We take the other cleaners to the cleaners.

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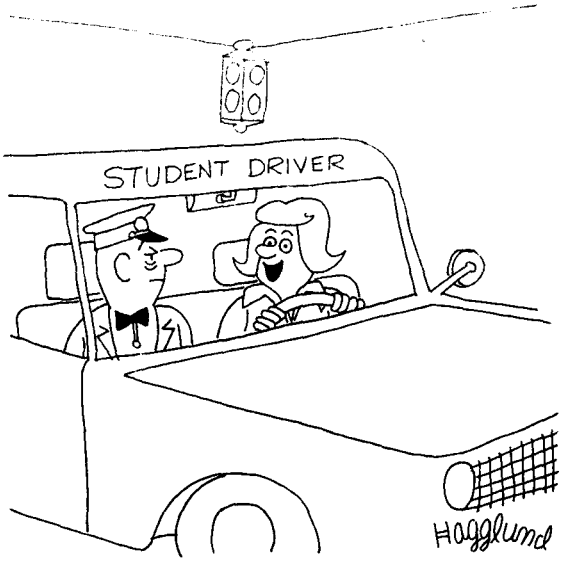
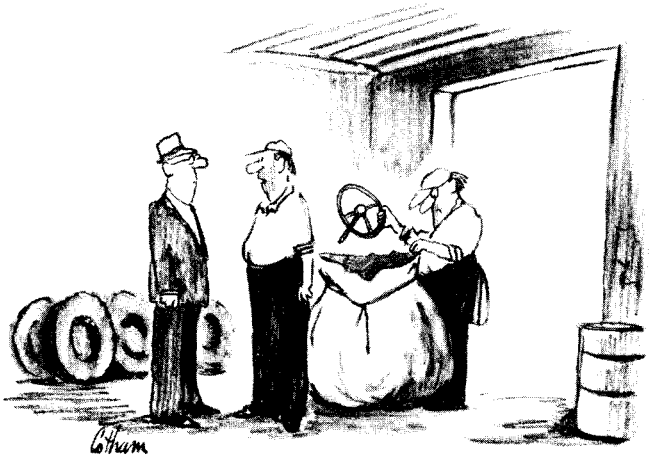
BUM STEERS

"What did you tell him last time?"



"When do I learn to blast the horn and yell and cuss at other drivers?"



"If I were you, Mr. Beekins, I wouldn't waste any money trying to fix up your old car."

"We're going to have to work on our lefts and rights."

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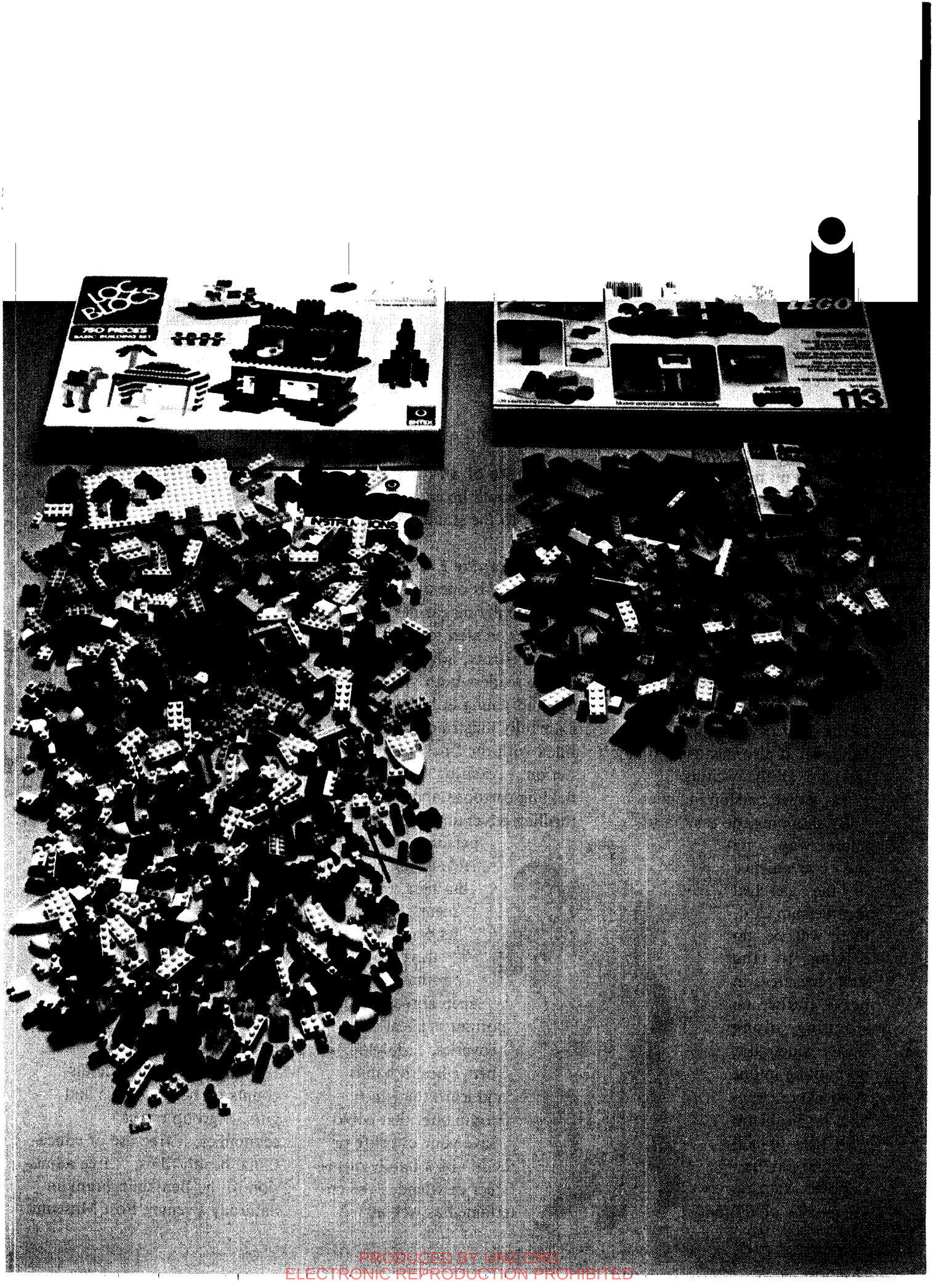

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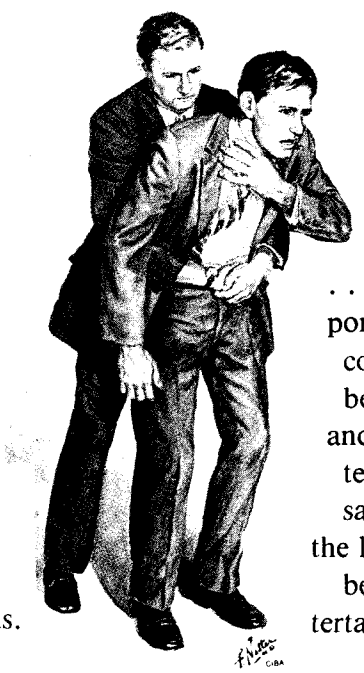

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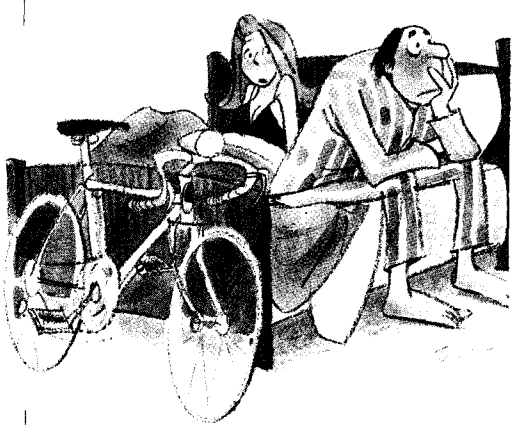

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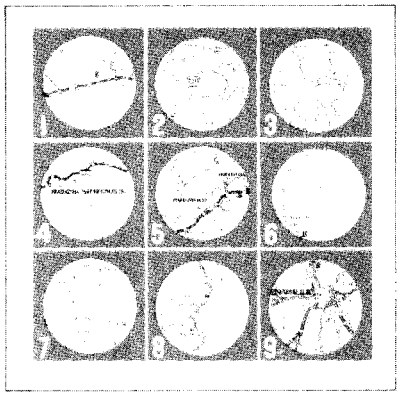

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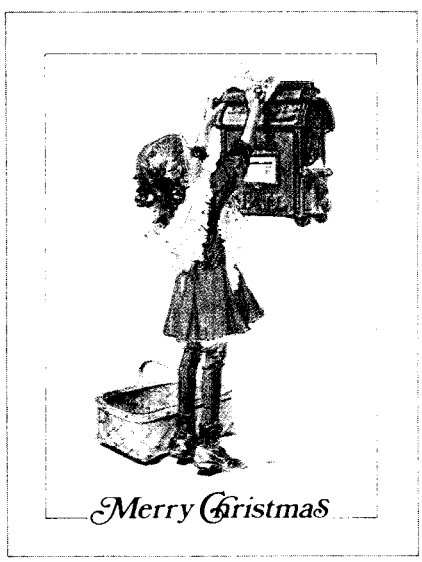

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BEING GAY IS A HEALTH HAZARD

The "gay plague" is a frightening epidemic because no one knows how much worse it will become before the cause is discovered.

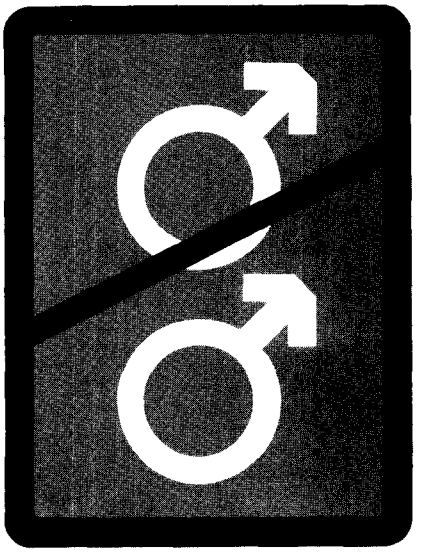
by Barry Vinocur

Doctors and medical researchers in the United States are locked in battle over a disease that is one of the most deadly and baffling in modern medical history.

Its victims are principally homosexual men; most are in their 20s and 30s. They are dying from rare infections and several different forms of cancer. At the center of the mystery lies a devastated immune system, something all victims of this epidemic share. "This is an immunosuppression as severe, if not more severe, than we see in patients who have received organ transplants," commented Michael S. Gottlieb, M.D., assistant professor of medicine and clinical immunology at UCLA's School of Medicine. "The big difference is that, in the case of organ-transplant recipients, doctors intentionally suppress the immune system to keep the body from rejecting its new part. If the drugs are stopped, the patient's immunity returns to normal."

Much like the army, with its separate divisions such as artillery and infantry, the immune system is the body's own army that protects it against foreign intruders. It, too, has divisions: cell-mediated immunity and humoral immunity. The former involves one type of white blood cell that is derived from the body's thymus gland. They're called lymphocytes, and the mission of these so-called "T-cells" is to go to the site of an infection and battle the intruder. In humoral immunity, again, a white blood cell is involved, and also a lymphocyte, but they're called "B-cells." They manufacture proteins called immunoglobulins that circulate in the bloodstream, helping to ward off and fight infections. Antibodies are one type of immunoglobulin.

"These patients," Gottlieb said,



referring to victims of this "gay plague," "have in effect no cell-mediated immunity. Their T-cell defenses are down, and they're being killed because of it." What neither Gottlieb nor anyone else at this point knows is what is causing the lapse in defense.

The first pieces of this puzzle began to appear in June of 1981. At first, doctors thought they were dealing principally with a cancer that is rare in the United States and with infections due to organisms that primarily attack patients who are very ill. The tumor is called Kaposi's (pronounced kap-o-she) sarcoma (KS). In the United States, patients with Kaposi's are usually elderly males of either Italian or Jewish descent. The tumor, which usually appears as reddish-purple or dark-blue nodules on the lower extremities, is, in that form, a cancer, but not a very deadly one. There is, however, a more deadly variety, principally found in Africa, that affects the young as well as the elderly. The type affecting homosexual men closely resembles this.

The infections seen in these patients are caused by a variety of organisms. The principal villain is a bug called *Pneumocystis carinii,* and despite what its multisyllabic name might imply, it, like the others infecting these patients, is not at all rare. All of the organisms playing key roles in this epidemic can, like Pneumocystis, be classified as opportunistic infections (OI)—so named because they infect individuals whose defenses are down.

While the answers doctors are searching for—what is causing this, and what can be done about it?—are not yet in sight, they now feel confident that they know at least which is cart and which is horse. "I think everyone now agrees that the primary problem is the acquired immunodeficiency syndrome (AIDS)," Gottlieb said.

Reports of more cases continue to pour into the Center for Disease Control in Atlanta. There, a task force set up to investigate the outbreak is chasing down every possible lead. "Earlier in the year, we were dealing with about one new case a day; now we're getting reports of about two a day," commented James Curran, M.D., coordinator of the task force.

"In addition to the opportunistic infections, we've also had several different types of cancer reported," commented Harold Jaffe, M.D., a member of the task force. "At first, the tumors were all Kaposi's, but now we've also had a variety of lymph-gland cancers, called non-Hodgkin's lymphomas, and squamous cell carcinoma of the tongue and rectum reported.

"What we are trying to find in this epidemic is a common denominator, something that would provide

continued on page 73

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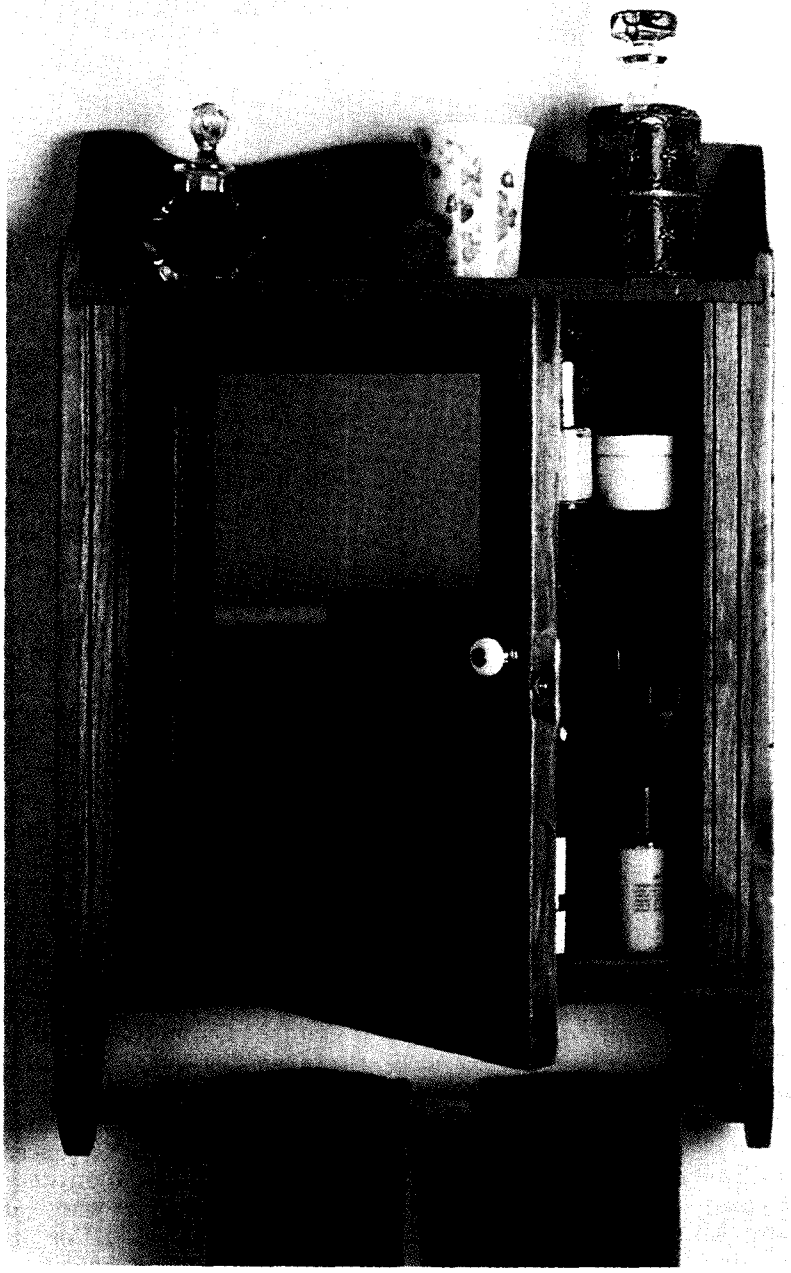

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FOCUS ON CANCER PREVENTION

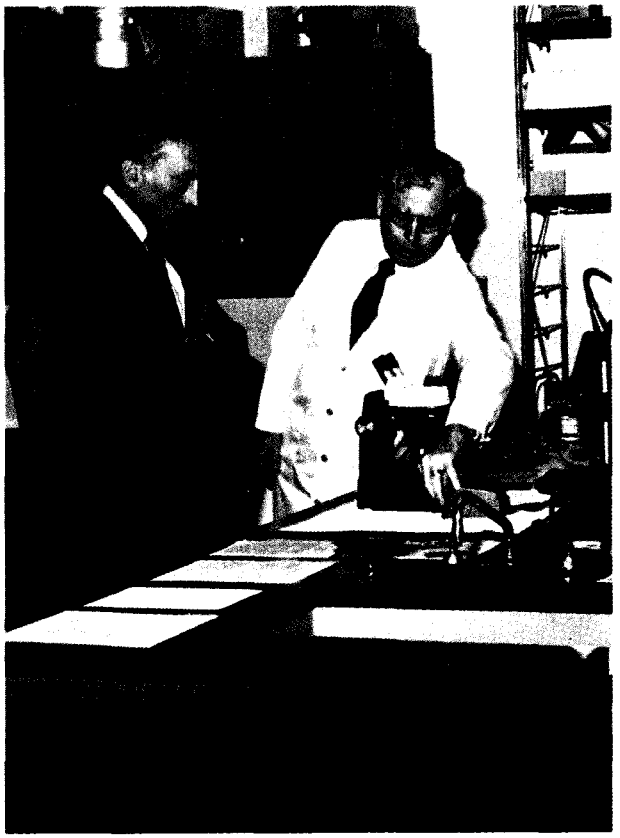
Conclusive evidence that diet plays a major role in causing cancer has led to a promising new emphasis in cancer research.

by Richard S. Schweiker

As secretary of Health and Human Services and, before that, through my years on the Senate health subcommittee, I have personally come to know our potential to conquer disease through research.

When I assumed my present post, I said I would like to be remembered as the secretary who put preventive health care at the very top of the medical agenda. We are following through with a department-wide initiative in prevention of disease and health promotion. A major part of that effort is the research supported by National Institutes of Health (NIH).

The scientific work conducted and supported by the 11 NIH institutes makes this nation second to none in biomedical science.



When he assumed his post as Secretary of Health and Human Services, Richard Schweiker (left) said he would like to be remembered as the secretary who put preventive health care at the very top of the medical agenda.

You know, it surprises some people that it was just over 10 years ago that the national cancer program was launched. At the time, we knew that cancer was the number-one health concern of the American people. We looked at the areas of special promise, which offered opportunities for intensive research. We looked at our advances thus far, and recognized they had brought us to the verge of important developments in the diagnosis and treatment of cancer and in learning more about how it is caused.

Since then, a decade of progress has made cancer one of the chronic diseases that can be treated successfully. During the 1970s, the five-year survival rate improved markedly for seven of the 10 major forms of cancer in white Americans and six of the 10 major cancers in black Americans. The death rate from cancer decreased—and continues to decrease—for Americans under the age of 45. The survival rate for children has increased from 10 percent to more than 50 percent.

These statistics tell a tremendously encouraging story. We should recognize this progress as a national achievement.

I believe that our renewed emphasis on prevention is critical to continued progress against cancer. NCI has embarked on a major new program in applied prevention, focusing more on how we can interfere in the later stages of carcinogenesis to prevent cancer, instead of concentrating exclusively on substances which initiate the cancer process.

This new strategy holds promise for reducing the incidence of cancer more successfully than an attempt to remove from the environment all substances which may initiate the cancer process—an approach which is not always possible or practical. The work of NCI and other scientists shows that synthetic forms of vitamin A may be able to prevent actual development of cancer in cells exposed to carcinogens that have already experienced precancerous changes. If we can learn how to apply this information to interfere with the process of cancer promotion in humans, many people who already have been exposed to a number of carcinogens over a lifetime will obviously benefit.

In the laboratory, many of the micronutrients found in our diet—vitamin A precursors, vitamins C and E, selenium and certain chemicals, appear to act as cancer preventive agents. Population studies suggest that people who eat foods high in vitamin A or its precursor, beta-carotene, have fewer cancers of certain kinds, such as lung cancer, even if they have smoked cigarettes for a number of years.

In the cancer-control program, we are testing the preventive properties of the synthetic vitamin A compounds in two populations at high risk of cancer: women with early precancerous cell changes in the cervix, who often develop uterine cancer, and African albinos, almost all of whom develop skin cancer from exposure to sunlight.

NCI is collaborating with the Na-

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tional Heart, Lung and Blood Institute to see whether beta-carotene can protect normal physician volunteers from developing cancer. Beta-carotene, a precursor of vitamin A, is present in carrots, other vegetables and some fruit.

NCI is in the forefront of other cancer progress, too. The national cancer program has made a significant contribution to the development of the revolutionary techniques of gene-cloning and recombinant DNA technology and the production of pure (monoclonal) antibodies with hybridoma technology—benefiting all areas of biomedical research. Cancer researchers are looking at an exciting new class of agent called biological response modifiers. These substances—interferon is one of them—appear to boost the body's own defenses. Researchers are also isolating and examining oncogenes of genetic material that may direct a cell to transform from normal to cancerous.

Compared to what we knew just a decade ago, where we stand today in our knowledge of the causes, treatment and control of cancer is extraordinary. We've come a long way—but we still have a long way to go. The federal government, rest assured, can't do it alone. Scientists, health professionals and educators, as well as industry and government, must work together to continue the research that brings new knowledge of cancer and new benefits to cancer patients. We need your support. Each of us has a stake in the future of research. My challenge to you is to join us as a partner.

That's why I was delighted last year when—as part of the economic recovery tax act—President Reagan signed into law new incentives designed to encourage investment in research. Corporations are now allowed a significant tax credit for research that they sponsor in universities and in independent research organizations. This is a very significant change in public policy.

It reflects our commitment to a stronger, broader and more comprehensive basic research effort. The total research picture is far-flung and complex. When a breakthrough occurs, it usually follows a chain of related steps, carried out over many years by dedicated scientists in the public and private sectors. ★

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HOME IS WHERE THE MONEY IS

A revolutionary "leaseback" program now lets elderly homeowners sell out but stay put—and receive monthly payments for the rest of their lives.

by Thomas Watterson

Until last May, the only income Elizabeth Keatinge had to live on was her monthly social security check and whatever extra money she could make by selling her paintings through a local art association or at state and county fairs. For the 97-year-old Carmel, California, widow, that was often just enough to make the mortgage payments on her house and pay for utilities and food. She could have solved her problem by doing what many other older Americans are often forced to do: sell her house and move into a small apartment or even a nursing home, a prospect she did not want to face, even though the equity the house had earned after 15 years of her ownership would have brought her several thousand dollars.

Now, she does not have to do that. Thanks to a new program that began in her home town, Mrs. Keatinge was able to sell her home, but to an investor who will let her stay in the house as long as she lives. In the meantime, the monthly income that the sale brings her is more than six times more money than she had before.

"I always had to be very cautious about what I spent my money on," Mrs. Keatinge says. "This program has made all the difference in the world. Now I can even help put my five great-grandchildren through college and help my son with his house payments."

Elizabeth Keatinge, who was just getting by on limited funds, is now sitting pretty, thanks to a new deal in her state that allowed her to sell her house to a private investor but still live in it and collect a sizable monthly income.

Mrs. Keatinge's situation was typical of many elderly people. More than 10 million older Americans own their own homes "free and clear" of any mortgage debt. And many others, like Mrs. Keatinge, have mortgages that were written several years ago, when interest rates were much smaller, so their monthly payments are quite low. Yet many of these people are still poor, living on fixed incomes from social security and perhaps a pension and some savings. Unless they sell their homes, the last several days of every month are often a struggle.

The program that helped Mrs. Keatinge and is starting to help several other elderly homeowners in California is the Fouratt Senior Citizen Equity Program, based in Carmel. It is one of two new programs coming along that will help older people convert the equity in their homes into several hundred dollars of extra income a month. The other program is being put together by American Homestead, Inc., of Moorestown, New Jersey. American Homestead President James J. Burke hopes that after his program is well under way in New Jersey this fall, he can expand it to other states in the Northeast.

If these programs are successful, they will serve as models for similar efforts throughout the United States. And for the senior citizens able to benefit from them, they will have come along just in time. Public concern about the strength of the social security system to meet its future commitments has many people—particularly those approaching retirement age—worried

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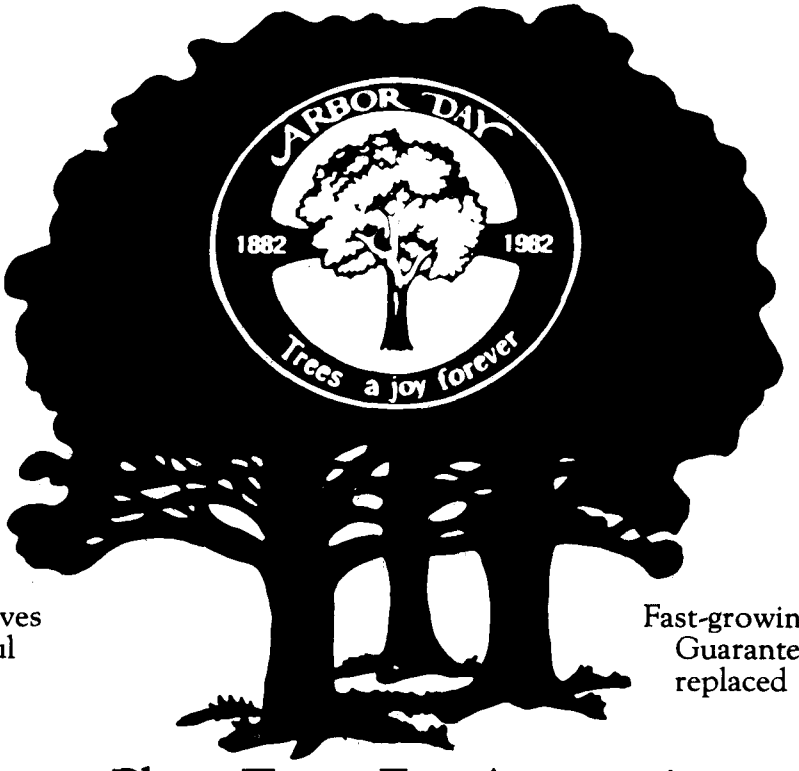

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about having enough to live on. Meanwhile, the group known as "older Americans" is big and getting bigger. It is estimated that only one out of every four Americans does not reach the age of 65. Of those that do, three out of four live an additional 16 years, to age 81. Looking to the more distant future, when today's "baby boom" generation retires in 30 years or so, more than 20 percent of the American population will be over 65.

Today, people over age 75 are most likely to be living alone, to have health problems and more trouble "getting around." They also have lower incomes than any other part of the population. As a result, many of the houses owned by the elderly poor are falling into disrepair because the homeowners sometimes cannot afford to both feed themselves and make home repairs. While this is hard on the elderly and their houses, it is also hard on the cities and neighborhoods they live in, because poorly maintained houses erode the local tax base and undermine the value of other homes in the area.

In the past, the only way people could use the equity in their homes for added income was through a device known as a reverse annuity mortgage, or RAM. But these programs usually just provided a few years of income, and the money often ran out while the person was still living. RAMs were good for people who intended to move in a few years anyway and needed the extra money to carry them through in the meantime, but few banks are offering them anymore; high interest rates have made them impractical.

A more practical solution, says Robert Henry, president and chief executive officer of Fouratt, had to include some way to bring in outside investors who could afford large monthly payments and a way to continue those payments for the rest of the senior citizen's life. At Fouratt, all this is accomplished through a leaseback agreement, which the homeowner enters into when the house is sold to the investor, and an annuity insurance policy. In a leaseback agreement, the senior citizen sells the house, then "leases it back" from the buyer. However, the deal is structured so that the mortgage payments from the buyer are much larger than the lease payments.

Before the sale, the value of the house is determined by a professional, independent appraiser. (In Mrs. Keatinge's case, there were three appraisals.) After all the terms of the sale and the monthly payments are worked out, the older person's heirs are given a chance to purchase the house on identical terms. If they choose not to, the house is sold to the investor for a price somewhat below market value, around 15 percent lower. The final sale price and the level of monthly payments are both based on the person's age. The younger they are, the smaller the payments will be, because it is expected they will have to be made over a longer time.

"The people who will benefit most are the older elderly, 75 and older," says Kenneth Scholen, formerly project director of the Wisconsin Home Equity Conversion Project, which studied programs such as this. "The older you get, the more money you get."

Henry estimates, for instance, that a 79-year-old woman with an $80,000 home and a paid-up mortgage would receive $451 a month. "If she's younger, there would be more payments on the note, so she would get less per month," he said.

At the time of the sale, the investor makes a fairly small down payment and the rest of the payments are compressed into a short period of time—10 years, compared to 30 years for an ordinary mortgage. The low down payment and the short time span for the rest of the payments assures a high level of additional income for the senior citizen.

When the house is purchased, the buyer also buys a single-premium no-death benefit annuity policy for the seller that guarantees the same level of payments to the elder at the end of 10 years. These payments continue for the rest of the senior citizen's life. The buyer also assumes responsibility for property taxes, insurance and major maintenance.

When the senior citizen dies or decides to move, the investor takes full possession of the house. Because the home was purchased at a discount and because it has presumably increased in value since the sale, the investor realizes an immediate capital gain.

"When a program like this fits, it's amazing," Scholen says. "People just can't believe they're getting several hundred extra dollars a month when they were just sitting in their homes, not being able to afford anything else and not wanting to leave because they didn't want to give up that house."

The Fouratt program is being marketed through licensed real-estate brokers, and the Fouratt name appears on newspaper, television and radio advertisements as well as on promotional literature, Henry says.

Another senior citizen who expects that promotion to help her in the near future is Flora Hopkins of Belvedere, California. Known as "Rickie" to everyone who meets her, Mrs. Hopkins has lived in the same house since she had it built in this Marin County community in 1956. A former physical-education instructor at Brown University in Rhode Island, Mrs. Hopkins

continued on page 98

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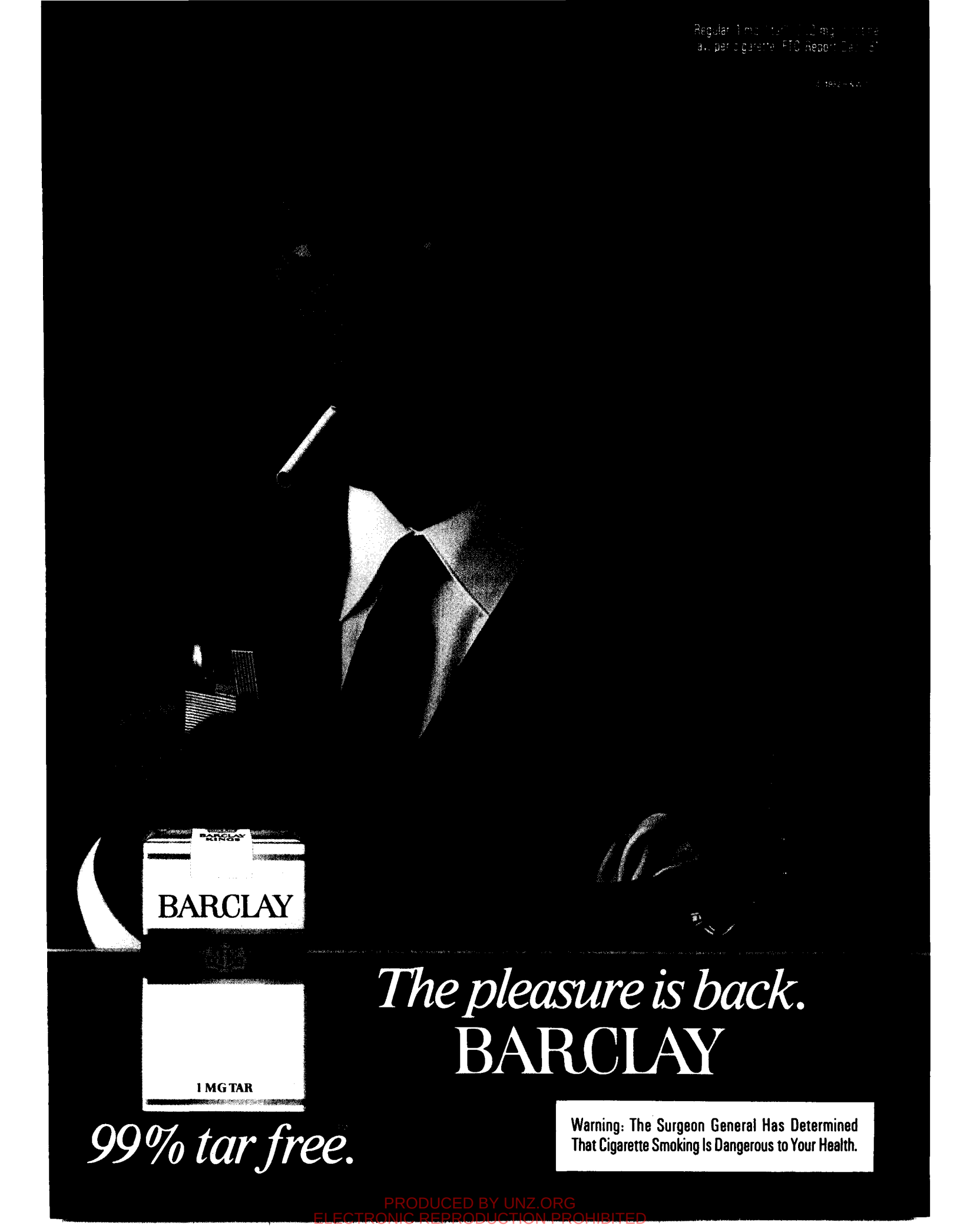
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THE MYSTERY IN ROOM 2-A

Once the 36 cases of sickness had been diagnosed as histoplasmosis, the next step was to determine how and where the children had come into contact with the fungal spores.

by Berton Roueché

Illustrated by Lucian Lupinski

The medical experts arrived in the small Arkansas town of Mountain Home armed only with the knowledge that an epidemic had gripped the elementary school. Fever, headache, cough and prostration plagued one-tenth of the student body. The medical team first thought the children suffered from psittacosis transmitted by the school's classroom parakeets. After painstaking investigation, the scientists found the culprit: histoplasmosis, a fungus usually spread by bird droppings. But the question remained: What was the source of the disease?

Conclusion The second phase of the Mountain Home investigation differed from the first in two important respects. It was, for one thing, planned and actively headed by Dr. Furcolow. In addition to Dr. Chin, Dr. Paxton and Mrs. Rakich, this included not only Dr. Furcolow but three other members of the Kansas City station staff—Mrs. Dorothy Calafiore, a nurse; Peter Ney, a statistician; and Howard W. Larsh, a professor of mycology and bacteriology at the University of Oklahoma, who serves as a consultant in mycology to the Public Health Service—and also Miss Whitmore and two recruits from Arkansas, Mrs. Mildred Ware, the local district nursing supervisor, and V. E. Medlock, an x-ray technician on the staff of the Arkansas State Department of Health.

"My decision to join the team had nothing to do with Dr. Chin," Dr. Furcolow says. "He had done an excellent job. And if the trouble had turned out to be psittacosis—or any viral or bacterial disease—he would, of course, have continued to run the show. But histoplasmosis is a little out of his field. It is, however, very much in mine. It's been my special interest practically all my professional life. Especially this particular outbreak, which had all the earmarks of being something quite out of the ordinary—in size, in kind, in almost every respect. The biggest histo outbreak on record at that time was one at Camp Gruber, Oklahoma, in 1944. It totaled 27 cases. With 13 certain cases and 23 probable ones—to say nothing of that wave of skin-test positives in the general student body—it looked as if we might be up against the biggest histo outbreak of any kind in history.

"By Wednesday evening, there was no longer any doubt about that. We had a record outbreak on our hands. I'd heard from our Rocky Mountain Laboratory on the second set of blood tests, and the results were the same as the first—all 23 of the recovered children were serologically positive for histo. That brought the total of certain cases up to 36, or nine more than the Gruber outbreak. But it didn't add much to our store of useful knowledge. The only thing we had clearly established was the nature of the outbreak. In the circumstances—I mean, in view of the fact that histo is an extremely difficult disease to diagnose—that was no small accomplishment. Nevertheless, we had only just begun.

"When Dr. Chin gave me his progress report in Kansas City, he and Dr. Paxton had completed the skin-testing survey at the school, and they had read most of the reactions—about 200, as I remember, out of a total of 320. Or 321, counting the teacher, Miss Smith. They had also tested a control group of 48 sixth-graders at the Mountain Home junior high. And they had made a start on the job of sending the blood samples taken in the two surveys off to Rocky Mountain for laboratory tests. The first thing on the general program was to finish up those jobs. Chin and I did the rest of the skin-test readings. The bloods were handled by Paxton, Ney and the nurses. Larsh and Medlock had special programs of their own to set up. We started our readings where Chin had left off the week before—at the elementary school. By the end of the week, or thereabouts, we had the total skin-test picture. Chin's earlier findings had naturally prepared us for a high percentage of positive reactions there, and we got them. Of the 320 children tested, 279—or about 87 percent—were histo positive. But we certainly weren't prepared for the reactions we found at the junior high. The controls scored almost as high as the others. Thirty-three of the 48—69 percent—were also positive for histo.

"So, at the end of another week, we hadn't really made much progress. With the scope of the outbreak still unknown, we still had insufficient data to attempt to determine the source. We had more or less assumed that the focus of infec-

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tion was in or near the elementary school. It had been our expectation that the control study would result in a high percentage of negative reactions, and thereby make it certain. The study had failed to confirm our assumption. It didn't deny it, though. The meaning of a positive histo skin test is too equivocal for that—particularly in an area where the disease is known to be endemic. But it made us wonder a little.

"The first report on the serological tests arrived on Saturday morning. Another arrived on Monday, and after that, as I recall, reports turned up at the rate of one or more a day throughout the rest of the week. I passed them along to Ney to work into proper shape. It was better to wait until all the results were in and he had them correlated by grade and classroom and school. There was plenty else to do. While Chin and I were reading skin tests and the others were packing and mailing the rest of the blood, Medlock had made the necessary arrangements for a comprehensive x-ray study. He had fetched a mobile 70-millimeter x-ray unit from Little Rock, and had arranged with Dr. Saltzman and the other local physicians to use their standard 14-by-17 apparatus in case his smaller plates turned up something tricky. Chin and I talked to the school authorities, and they once more very kindly gave us permission to use the auditorium for a clinic. By the first of the week, we had enough releases to provide an adequate study—all 36 of the established clinical cases, 257 children from the general student body, 32 of the sixth-grade controls and Miss Smith.

"The x-ray study itself went off with reasonable dispatch. We finished up around noon on Thursday. Ney took it from there. His analytical breakdown of our data was ready the following morning. The clinical cases, to nobody's surprise, all showed definite lung lesions. So did Miss Smith. And so did some of the general student body—30 out of the 257, or roughly ten percent. The controls, however, were the thing. This time, they acted like controls. All but one of the 32 were as clean as a whistle. The next day—Saturday, March 26—we got Ney's blood-test correlation. Rocky Mountain confirmed the x-ray study at every significant point. Two controls—one of them the x-ray-posi-

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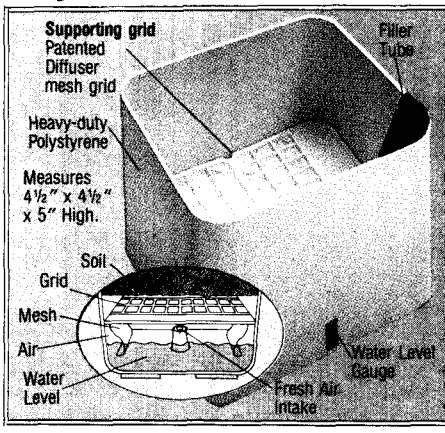

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tive child—gave positive reactions. The other controls were all negative. Miss Smith, as expected, was positive. So were approximately 30 percent of the general group. Considering the x-ray findings, that was also about what we'd expected. Taken with the skin-test data, they gave us the footing we needed to move into the final phase of the investigation. We knew the nature of the problem. We knew the general focus of infection. In spite of the two positive controls, it was somewhere around the elementary school. And we knew the size of the outbreak. The 36 clinical cases had been only a hint. On the basis of the blood and x-ray studies, the actual number of recent and current histo cases was four times that. When all the data had been analyzed and all overlaps accounted for, it added up to 146 children. And Miss Smith.

"So we had a really champion outbreak to explain. It was also, in my experience, epidemiologically unique. The deeper into it we went, the more painfully apparent that became. Most outbreaks of histoplasmosis are puzzling, but only up to a certain point—only until the diagnosis is established. Once that is determined, it seldom requires much exertion to find and confirm the source of infection. A couple of questions will generally reveal that a couple of weeks before the victims got sick—the incubation period in histo is around 10 to 14 days—they had spent a day cleaning out an old chicken house. Or exploring a cave. Or cutting brush in a creek bottom. Or, often enough, just visiting somebody's farm. Samples of soil are then collected at the site for laboratory examination. The usual result is isolation of *H. capsulatum*. Mountain Home was a maverick. The approximate date of exposure was easy enough to determine. The clinical case histories and the school attendance records placed it in the neighborhood of February 1. But there the pattern broke. As Chin and Paxton had already found, the usual questions didn't yield the usual answers. There wasn't any cave or creek or chicken house. Not even a trip to a farm. There was only a school—a well-kept school—with a big, sunny lawn and a playground. Which meant that the children hadn't, in the usual way, exposed themselves to *H. capsulatum*. It had come to them.

"But how? One possibility occurred to us almost at once. Northern Arkansas has a good-sized broiler industry, and Larsh picked up the fact that chicken manure is widely used in the area as a lawn fertilizer. He had made some inquiries—and sure enough! Two years before, the school had bought six or seven truckloads of the stuff. It was dumped on the edge of the grounds and left there to rot. Some time later, when the manure was well rotted, a gang of workmen had moved in and spread it on the lawn. Larsh was jubilant, and so were we. Old chicken manure and *H. capsulatum* are as akin as fire and smoke. But then the promise began to fade. The manure hadn't simply been spread. It had been thoroughly diked into the ground. Moreover, the job had been done way back at the end of the previous summer. It was most unlikely that a source that disappeared in September could have caused a February outbreak. Nevertheless, Larsh collected some samples of soil and sent them home for laboratory analysis. In a couple of weeks, the results came back. No sign of *H. capsulatum*.

"I can't say that we were greatly disappointed. A positive soil analysis would have raised more questions than it answered. We'd come to realize by then that the fertilizer couldn't possibly be in the picture. And not only because it failed to fit the established onset date. It also failed to explain the most peculiar aspect of the outbreak, the extraordinary concentration of cases in Room 2-A. The school records listed a total of 28 children enrolled in the class. Of that number, 14—or 50 percent—were clinically ill. The average for the school as a whole was nine percent. In the skin-test study, 96 percent of the tests on the children in 2-A gave positive histo reactions. The school average was 88. In the blood-test study, 68 percent of the children in 2-A were positive. The school average was 34. In the x-ray study, 38 percent of the children in 2-A showed definitive lung involvement. The school average was 23. That couldn't be accounted for by the fertilizer. It had to mean that the source of infection centered on Room 2-A. It obviously meant that something out of the ordinary had happened in or near that room. It had probably happened within a day or two of February 1.

"Something *had* happened around that time. On January 29, a truckload of coal was delivered to the school and dumped alongside a chute that led down to a cellar bin—a little iron door right under the windows of Room 2-A. The chute was only a dozen steps from where the school buses load. January 29th had been a Saturday. The coal remained where it was dumped through Monday. On Tuesday and Wednesday—February 1 and February 2—it was shoveled into the bin. The weather that week was dry and clear and windy. Everybody remembered the wind. It combined with the shoveling and the buses to raise a storm of dust that covered the rear of the building and seeped into most of the classrooms. The dust was particularly heavy in Room 2-A. It was fascinating; everywhere we looked, we found another piece of circumstantial evidence. The time was right. The place was right. They even explained Miss Smith. The habit she had of standing at an open window in Room 2-A to direct the

"Junior's right, Cynthia! It is the boogeyman!"

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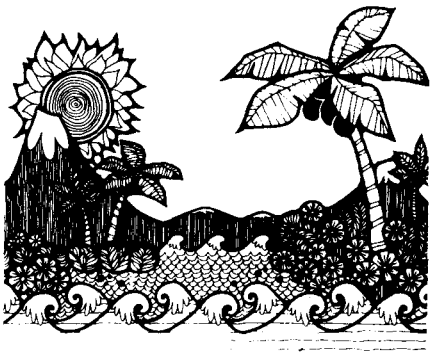

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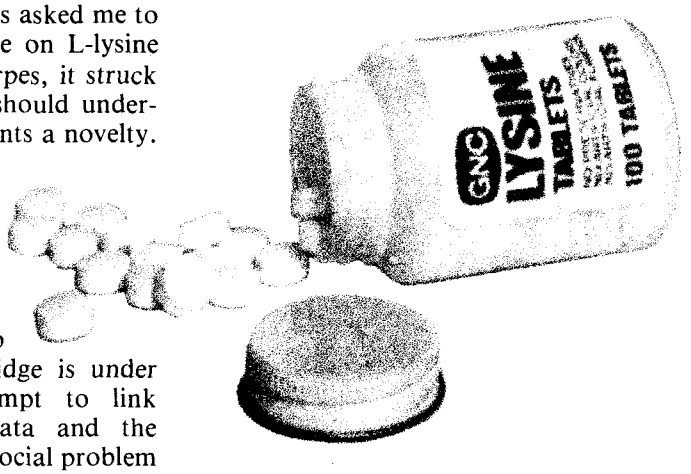
HERPES UPDATE II

As the herpes virus is blamed for an increasing list of diseases, including Bell's palsy and Ménière's, the question "Can lysine with arginine control keep it dormant?" gains greater importance.

by Christopher Kagan, M.D.

When *Post* editors asked me to write an update on L-lysine as a treatment for herpes, it struck me first that people should understand that this represents a novelty. This is the first time viral disease has been treated by altering the available amino acid pool and thereby affecting the ability of the virus to replicate itself. A bridge is under construction to attempt to link known laboratory data and the pressing medical and social problem of the herpes virus.



Where does this bridge originate, and where does it lead? In 1952, three scientists at the University of Southern California conducted experiments to grow a herpes-group virus that causes brain infections in mice. They discovered that lysine and a number of variations of lysine inhibited the virus. Of the naturally occurring amino acids, they found lysine to be most inhibitory. They also tested a synthetic variation that was effective at one-fifth the dose and noted that the effect was partially reversed by certain other amino acids. For some reason, this landmark piece of research appears to have gone relatively unnoticed.

It did not, however, go completely unnoticed. Novelty sometimes inches its way to the scientific surface. In 1964, Robert Tankersley, a research scientist at Medical College of Virginia, went to work to define the growth requirements of the herpes-simplex virus, which, incidentally, can cause a brain infection in man similar to the infection in mice caused by the virus the Californians had studied. What Dr. Tankersley found was that lysine was again inhibitory to the virus. However, he had found a piece to the puzzle by showing that without another amino acid, one that resembles lysine, namely arginine, the virus could not grow. Soon, other pieces fell into place. In 1970, researchers at Albert Einstein Medical Center showed that human proteins were high in lysine and viral proteins were high in arginine. At the same time, researchers in Israel defined which viral protein contained the arginine. Studies of the human and viral genetic material, performed in Scotland in 1966, provided a basic explanation of these new findings. The lysine and arginine found in the protein were just as one would have expected on the basis of the difference between the viral and the human DNA.

Meanwhile, people continued to suffer from cold sores; genital herpes was slowly increasing. Could this knowledge somehow be applied to reduce the suffering? This question drew attention in the early 1970s and is continuing to draw it today. But what will it take to test this idea? The answer is that it will take both effort and time. It will take very carefully designed and controlled scientific studies with sufficient numbers of patients. To date, these studies have not been performed. In the meantime, it will take the sharing of experience—the pooling of the data that we now have. It will take sufficient interest on the part of those who want an answer to shift the interest of enough scientists in this direction.

What are the possible implications of the research that has been done and which we hope to see in the future? Herein lies the most intriguing part of the story. First, and most obvious, is the relief of much of the suffering caused by the herpes-simplex virus—cold sores, genital herpes and herpes infection of the skin. Then there would be relief from the less common manifestations of the herpes virus—infections of the brain and the eyes which occur in adults, children and, in particular, newborn babies. Not only might lysine be useful in treating these conditions directly, but it may be useful in preventing the transmission of the virus from mother to newborn. The virus also occasionally causes pneumonia. There has been some controversy regarding the role of the herpes virus in a number of diseases for which the cause is considered unknown. Should such diseases as Bell's palsy (a form of facial paralysis) and Ménière's disease (a hearing/balance disorder) turn out even in only some cases, to be related to herpes infection of the nervous system, then lysine may play a role in their treatment.

Second is the possible role in treating viruses in the herpes group other than herpes simplex. Chicken pox and shingles fall into this category, as does mononucleosis.

Third, other viruses are known to require arginine. These include the measles virus, the adenovirus, types 1 and 2 and cytomegalovirus (recently speculated to have a role in Kaposi's sarcoma in homosexual men). An extension of this idea is to ask what are the amino acid requirements of other viruses. If a virus is not affected by lysine, what other amino acid might

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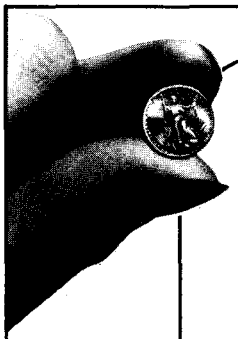

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affect it? Does lysine have a role against the common cold? What other amino acids might?

Fourth, certain cancers are associated with viruses. The herpes virus causing Marek's disease in chickens is arginine-dependent for example. Lucke's adenocarcinoma in frogs and Burkitt's lymphoma in humans appear to be caused by viruses in the herpes group. The role of herpes virus in human cervical cancer has been the subject of much debate. What will be the role of amino acids in treatment and prevention of cancer?

It is clear that if lysine inhibits the herpes virus—as it clearly does when tested in the laboratory—every effort should be made to exploit this fact for our benefit. If it can be effectively utilized, the limits of its use have not yet been approached. Everyone with experience or ideas should be encouraged to contribute to the open forum of our knowledge. Bridges once built provide passage for all those who follow.

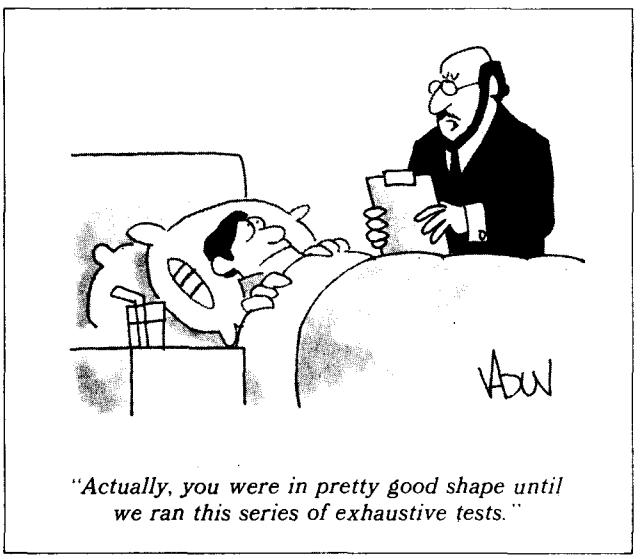
Editors note: Letters pour in from readers who haven't had sexual relations for many years, but who have herpes. We interviewed Dr. Kedar Adour, who attributes cranial nerve diseases such as Bell's palsy to the herpes virus. In discussing herpes, he said, "You can inoculate yourself. If you pick your cold sore and wipe your vagina, you inoculate yourself. If you pick your cold sore and urinate with your hand on your penis, you inoculate yourself. We've had a number of such patients—in fact, one who had vaginal herpes and a cut on a little finger, and every time she reactivates, she gets a little herpetic sore on her little finger. All this bull about it being a sexually transmitted disease is kind of sad. It makes good copy in the lay press. *Time* magazine had a big spread, 'Herpes: The Scarlet Letter of Our Generation.' Well, fine and dandy, but it's unfair. I've had four girls in tears when I told them their Bell's palsy is caused by herpes. They immediately assume it's sexual. One said, 'I told my husband I didn't want to do that.' "

Here are some letters from readers:

Dear Editor,

A subject I would like to cover is the approach authors take in relating the current information about genital herpes to the general public. The first time my husband read an article about herpes, he immediately asked me from whom I got it. Many articles suggest that the only way to contract herpes is from another person. *At the time I contracted herpes, I had not had any sexual contact for more than one year.*

My hypothesis is that the herpes virus has been in my body a long time, maybe even since my birth. My grandmother had herpes zoster and simplex I, two of my sisters have simplex I, and my father had simplex I. Maybe there is a genetic connection or a metabolic connection?



"Actually, you were in pretty good shape until we ran this series of exhaustive tests."

Whatever the answers to these questions of where it came from, I am constantly forced to face moral questions.

Joanne Whistler
Denver, Colorado

I took L-lysine on a skiing trip because a friend of mine always got cold sores on skiing trips. We used 1,000 mg. a day for the entire time and for a few days afterwards and didn't get a single cold sore. Another member of the party didn't tell us that he got cold sores, too—I don't remember if he had ever had them before—but the poor fellow got such a bad case of cold sores that he was terribly swollen. So we feel we proved our test case. . .the sufferer was a blind control, right? The funny (although we wouldn't have wished it on anyone) part was that the sufferer was the only M.D. in our skiing group.

I took 1,000 mg. of L-lysine for six months and 500 mg. for another six months to see if I could perhaps get over having cold sores. I definitely do not have them as often as I used to, and if I don't take L-lysine for awhile and I feel a cold sore coming on, I take 2,000 mg. right away, and sometimes the blister doesn't even appear; I just have the little itch and "nip that in the bud." If I do have a blister, I still take lysine, and I know I have never had a bad bout since I started.

I am a believer! And I tell everyone I see with a cold sore to get some L-lysine.

S. Harkner
Dodge City, Kansas

Since using L-lysine, I have not had a recurrence of herpes. I also have not had any flu, colds or other illness. I don't know if the L-lysine has contributed to this, but finding L-lysine was one of the most wonderful things in my life. You can't believe the happiness when I went through the first and then the second summer without an outbreak. I don't understand why more people don't know about L-lysine. It may not help everyone, but I know there must be more people it could help. It's so inexpensive. What do they have to lose?

Kathy Gilbert
Turlock, California

I saw an article in our local paper about herpes victims getting hope from research. It was about a local woman who had had many bouts with herpes from being in the sun. (By the way, your article does not mention the sun being a factor at all.) In the article, she mentioned taking the L-lysine and also the diet your article spoke of. Well, I tried it, and I have not had an occurrence in two years. I started taking 1½ grams of L-lysine three times a day for five days, then three a day for six months and finally one a day, which I still take.

I go in the sun and beach all the time now, although I do use a lip balm and also take one 500 capsule of L-lysine daily. I also eat chocolate, peanuts, popcorn, etc., once in a while and am happy to say I have not had any more attacks.

Also, I called my dermatologist to tell him of my findings, and he didn't seem too impressed. He told me he had heard of it, but there was not enough evidence to support it. I've told people about it, and they tell me it works for them as it has for me.

Anonymous
West Palm Beach, Florida

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by

Jessica DeStefano

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THE ARTIST

The list of juried shows, awards and one-woman exhibits credited to Jessica is far too lengthy to list. Simply put, she is one of America's best-loved sculptors whose work is eagerly sought by museums, galleries and private collectors. Frogg is the first of her whimsical animal sculpts she has made available to collectors and the first ever to be produced in fine porcelain.

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Shown smaller than actual size of 5 inches high

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PATTI DAVIS: DOING IT HER WAY

Admittedly mellowed at 30, Nancy and Ronald Reagan's daughter is a health food advocate who concentrates as seriously on her diet and exercise as on her acting career.

by Holly Miller

Patti Davis jokes that there's always been something wrong with her. Not physically, of course; she's a vegetarian of eight years and seldom suffers a sniffle. No, it's her appearance that bothers her.

"Something is always kind of askew with me, you know?" she laughs. "I look at my mother, and she's so well put together, even when she doesn't try. I remember growing up thinking that everything seems to fall right on her. Me? There's usually a button off my skirt, a spot on my shirt or my hair's a mess. I can lay out my clothes the night before and something still will be wrong. It's inevitable."

Catching up with Patti on a cool, smogless day in southern California amounts to merely following your ear. Her address leads to a shady residential street in Santa Monica and culminates at a blank wall: a tall privacy fence with a no-nonsense iron latch. Ten minutes before our appointment, the tinny clatter of typewriter keys, first on a rampage, then dropping back for a correction or two, is the only sound coming from behind the stockadelike barrier. On the other side of the fence is a row of snug, bungalow apartments, identical enough to baffle Agatha Christie's Miss Marple. One belongs to Patti, but with doors opened wide to the ocean breeze, tracking apartment numbers is impossible.

"Patti?"

"Here I am," answers the typist behind screen door number two. "C'mon in." She jerks the paper from the machine on her dining room table, studies it carefully and passes judgment. "I can't believe I got through college like this. I've actually misspelled my name. I'll have to white it out."

The object of her displeasure is her resume, a do-it-yourself project that is slightly dog-eared from additions, corrections and generous coats of fix-it fluid. But why would anyone with the name of Reagan need a resume?

"Because I'm an actress," she explains with a how-could-you-even-ask expression. "My resume's more like a list of credits. A *short* list. Of course, some people include details like height, weight and hair color. I don't do that because I figure, if I send a picture, it's obvious the hair is brown, the eyes are brown. . . ."

And the face is remarkably pretty. Dressed in blousy white shorts and a bright turquoise camp shirt, Patricia Ann Reagan—or Patti Davis, as she prefers—is tall, slim, tanned and shoeless. Barely 30, she's everybody's notion of how a California girl should look. Everybody's notion, that is, except her own.

"Sometimes when I go out on auditions and readings, I watch these totally together girls come in. Everything looks right; everything matches. Well, nothing ever matches on me. If it *blends*, I'm happy."

With her Secret Service detail in tow, she had reported for a film reading only yesterday. In the businesslike setting of a director's office, she played the part of a girl attacked by a stranger who lunges out at her from the shadows. Her instructions were to get involved in the role, to shout for help and fight off the nonexistent assailant in the nonexistent shadows. It wasn't easy; but the tough part came later when Patti, back to being Patti again, returned to her apartment to await the casting director's verdict. Unfortunately, rejection is as much a part of show business as success, and even a girl often described by the media as sensitive and shy has to learn to cope with it.

"Sure it stings, and I hope it always will," says Patti. "If I ever get to the point of being so callous and hardened that rejection doesn't bother me, I don't think I'd be a very good actress or a very worthwhile person anymore. You have to have sensitivity to be an artist, but you also have to be able to pick yourself up and go on.

"I'm a fighter by nature—a survivor. Instead of rejection beating me down, it makes me say, 'Okay, I know what I did wrong; now on to the next thing.' "

This ability to be tough and sensitive at the same time is typically Patti. Her personality, full of opposites, happily defies labels. She admits to being an introverted showoff, shy but outspoken and serious about laughing at herself. Like her mother, who once described herself as a "nester," Patti has the knack of turning living quarters into a snug retreat. Here, too, her multifaceted personality bubbles to the top. The thoroughly modern Patti surrounds herself with comfortably worn antiques and a hodgepodge of collectibles that somehow blend together. Old-fashioned lace curtains hang in every window, banks of potted plants decorate the corners, a menagerie of miniature crystal animals stands on end tables, and Victorian lamps provide soft lighting through marbleized petal shades. More surprises: Her fireplace, inoperable anyway, is filled with books, her bedroom is filled with a piano, and a Fibber McGee closet in the living room is simply filled.

It is here, in her tiny three-room apartment, where she prepares for her next audition and occasionally bites her nails awaiting a decision on her last. If she's learned to deal with rejection, she's also mastered the euphoria that accompanies the news, "You got the part." Her on-camera credits may not require a multipage resume, but the number recently swelled to double figures. She earned glowing reviews for her

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role in the NBC movie *For Ladies Only,* and she's appeared in such weekly offerings as "Hart to Hart," "Vegas," "Love Boat," "Fantasy Island," "Nero Wolfe" and "Midnight Special."

Such semisteady assignments have given her a reprieve from the waitress jobs that supported her acting habit for several years. She's waited on tables in two stretches, quitting the first time after a song she cowrote was recorded by The Eagles. When the money ran out and more work didn't come in, she was hired as a hostess at a Mexican restaurant in the canyon. Most people admire this fierce determination to maintain her financial independence.

"The customers I served didn't think it was so great," she recalls. "I was one of the worst waitresses you'll ever hope to meet. I forgot everything. When I go into restaurants today, I leave a very large tip because my heart goes out to them. In my acting class, a new student came in the other night, looked at me and said, 'I know you from somewhere.' I recognized him, too; I used to wait on him. I was so worried that he might remember me, I moved to the other side of the room."

If her days of taking orders for tacos and Margaritas are behind her, so are her nights of carrying in a guitar, setting up a sound system and performing original songs for patrons at The Improvisation, The Icehouse, Troubador, McCabe's and other local nightspots. More lucrative bookings are filling her time. A feature role as a French newscaster in Blake Edwards' *The Curse of the Pink Panther* sent her scurrying to a dialect coach to brush up on her schoolgirl French. The result, which won't be seen until next summer, is her best performance yet. She still writes pop rock in bursts of creativity that generally strike in the morning, and, yes, she recently splurged on an electric guitar. But acting will always take priority. This career goal was set years ago, when the Reagans lived just down the beach a sprint or two in Pacific Palisades. In those prepolitics days, Patti amused herself by teasing her hair into Julie Christie bouffants and fantasizing about waltzing with Yul Brynner.

"I was a ham from the word go," she claims. "My parents have home movies of me with curtains draped over my head like a Madonna. I love big skirts like they wore in Westerns, so I'd get curtains and bedspreads and layer them until I was carrying around five tons of material on my body. *The King and I* was my favorite record; I memorized it and went around singing excerpts and doing skits. When my brother Ron was old enough, I recruited him into my little productions."

With the talented likes of godfather William Holden and family pals Jimmy Cagney and Dick Powell dropping in to talk shop with her parents, she acquired a healthy grasp of entertainment as a profession.

"That whole environment helped put show business into perspective for me. Aspects that might be seductive to some people—the hype, publicity and excesses—don't hold any mystery for me. The actors I was around were in the business because of their craft and their art. To me, those were the stars: the Dick Powells, Robert Taylors and Jimmy Stewarts."

If the roots of her occupation wind back to those early days, so does her dedication to her favorite preoccupation: total fitness. She's a vocal proponent of a sugar-free, meatless diet and an advocate of a vigorous exercise program that for her includes a five-mile jog every other day. Hardly the product of a jellybean childhood, she finds the media's fascination with her dad's candy preference difficult to swallow.

"That's all been blown out of proportion," she says. "I've actually read that my father eats handfuls for breakfast. It's not true. I mean, he likes jellybeans and might eat a few occasionally, but it's certainly not an everyday, three-times-a-day type of thing."

Because she was never exposed to candy, soft drinks and other processed foods at home, Patti had little tolerance for such treats when she went off to an Arizona boarding school as a teen-ager. Duly enrolled and feeling very independent, she promptly went on a sugary binge and just as promptly began to suffer serious consequences.

"I had never been allowed to eat candy at home, so when I started stuffing myself, I gained a lot of weight. Then I began taking diet pills and going on crazy diets to lose it. I abused my body, starved myself, lived on grapefruit and got very unhealthy. My heart rate was terrible, my potassium level was low, and the doctor called me in and told me I was in bad shape. That scared me into doing something. I gradually became interested in nutrition, vitamins, herbs and alternative healing methods. At first it was just a way to make myself healthy again. But the more I got into it, the more I wanted to know."

After purging her diet of obvious offenders—white bread, sugar, excess salt—she stopped eating meat and limited her intake of dairy products. Fresh fruits, vegetables, whole grains and soybean products became her mainstays.

"I never liked meat very well as a little girl because it made me feel sluggish and full. I wanted to jump up from the dinner table and get out on my skateboard, but I couldn't do that if I had eaten meat," she explains. "I'm not totally opposed to chicken if it comes from a health food store and hasn't been shot full of hormones, fed on chemicals and given steroids to plump it up. I eat a little fish, but not much shellfish. Other than that, I'm not picky."

An acting career, complete with weeks on location in unfamiliar surroundings, could cause a less imaginative health-food advocate to

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succumb to sedentary days, fast-food lunches and dinners at beef-and-chop chains. Not Patti. She packs her brewer's yeast, millet and chlorella (a sea algae rich in vitamins, chlorophyll and protein) in her luggage and then picks and chooses carefully from the local menu.

"I think you can find something to eat anywhere," she says. "I could go to a steakhouse and have a baked potato and salad and be perfectly satisfied. As far as exercise goes, the first thing I do on the road is find a place to work out. I call around and get a schedule. If I'm doing a film, I look up the stuntman because he usually exercises every day. That's what I did on the set of *Pink Panther*; the stuntman and I went jogging together. Of course, I have exercise tapes I take with me when I travel, but as disciplined as I am, it's still hard to work out by myself."

Total fitness, at least the variety Patti aspires to, encompasses vibrant mental health as well as physical well-being. She champions the value of a positive outlook and is determined to send negativity the way of T-bones and Twinkies. With this in mind, she admits there's work in progress on her personality. She's trying to be less intense and more laid back these days. In short, she's mellowing. The feisty teenager, who once announced she wouldn't conform and that she'd walk around in army fatigues if it suited her, has acquiesced.

"When did I say that? It must have been a long time ago when 'conform' was a big word in my vocabulary," she says. "I don't use it anymore because I don't think you can take stands like that. Yeah, I think I've mellowed. Definitely. I'm not as strident or rebellious as I was. I'm trying to slow myself down a bit. Whenever I get in trouble, it's from not taking my time; so I'm trying to take my time now."

If there was a period of estrangement between Patti and her parents, it has long since been mended. The Reagans are very much in evidence in their daughter's apartment, although they are physically a continent away. The bright green dustjacket of Nancy's autobiography is obvious in the bookcase in the living room, and an old movie still of the President is given a place of honor on the piano in the bedroom. A baby picture of Nancy and a portrait of Nancy's parents, Dr. and Mrs. Loyal Davis, round out the family gallery.

Although the Washington social scene still may not be Patti's choice for an evening out, she fits in nicely when the occasion arises. Much of the media, still bent on portraying her as the maverick First Daughter, interpreted her appearance at the inauguration in a Dior original as a major concession. Patti, who prefers jeans or sweatsuits, saw it merely as a necessity that goes with the territory of being a presidential offspring. No more, no less.

"Hopefully, as we get older, things like that take on less importance, and we recognize the things that really matter in life," she says seriously. Then she lapses into her habit of poking fun at herself. "I didn't have very much success walking in that dress. I think I ripped it in about three places. As I remember, I had masking tape on the hem by the end of the evening. I sort of walk like a baseball player. Not exactly grace in motion."

Graceful or not, she's a good sport. She's dutifully made the rounds of the bacon-and-egg shows—"Today," "Good Morning America"—and answered all of Jane Pauley's and David Hartman's questions about being related to Ronald Reagan. Only

continued on page 96

Patti pauses for a chat on the set of the Blake Edwards film *Curse of the Pink Panther*, to be released next summer.

In Hollywood, where image is everything, Patti isn't sure yet about hers: "I hope the image I'm projecting is that I'm honest, strong and sincere. . . ."

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HOW THE STARS STAY FIT

It takes a little more than just costumes and makeup to keep Hollywood's heavenly bodies in shape.

by Diane Dalbey

In a business that has been maligned by deceptive studio bookkeeping, double-talking press agents, outrageous promotional gimmicks and untrue tabloid tidbits, the one thing a star can count on to tell the truth is the camera. But there's little solace in this one-eyed gadget. If a star isn't as slim or as healthy or as rested or as well-nourished as he ought to be, the audience will know it in the first scene. To satisfy that ubiquitous eye, several of Hollywood's more conscientious stars have found an answer in maintaining a disciplined program of physical—and often mental—well-being.

Merlin Olsen, an alumnus of "Little House on the Prairie" and now starring as "Father Murphy," has his 15 years as a Los Angeles Ram and oftimes all-pro tackle to keep him in shape. And it comes in handy for his grueling 12-hour-day shooting schedule. During his football days, the Phi Beta Kappa graduate of Utah State topped off his bearlike six-foot, five-inch torso at 280 pounds. As Father Murphy, he has slimmed down considerably to the washboard-bellied, sourdough prospector turned frontier child-welfare worker you see today.

If you don't watch "Father Murphy," you probably know Olsen as Dick Enberg's sportscasting sidekick for NBC. Enberg attributes quiet Merlin's mastery of staying in shape to his lifestyle. "He's an all-A guy. He's a nonsmoker, nondrinker, a church-going, family oriented Mormon." But Olsen's pals weren't so kind when he was in grade school. "I was always a big, clumsy kid," Merlin remembers. "I weighed 200 pounds in the ninth grade, so I got into playing football instead of brawling."

Since his football days, Olsen continues to stay on top of things by retreating with his wife and three kids to the Utah mountains where they hike and swim. "I like to golf, too (his scores usually hook up around par), and collect antiques."

No one would believe that 25-year-old Debby Boone would need to think twice about her appearance, but it's something she has to constantly monitor. "I'm athletic. I believe very strongly in the advantage of exercise," the actress-singer confides. "But I'm the type who needs to stick to a program."

Growing up as the third of Pat and Shirley Boone's four singing daughters in the rarefied atmosphere of Beverly Hills, Debby Boone admits, "I was the most rebellious in the family." She rebelled against her father's strict family guidelines for a while and even threatened to run away when she was 18. Papa changed her mind with a spanking, her last, and a heart-to-heart talk. Now, those days have quieted, thanks to her and the entire family's strong religious foundation. As a born-again Christian, Debby says, "A relationship with God is vital to me. All my decisions and my career are influenced by it."

However, she had to learn the hard way that the body is God's temple. "I used to be a coffee addict. I started when I was 14. By my last year in high school, I was taking a large Thermos of coffee to class. My stomach started to burn, and I felt like I was getting an ulcer. Two hours later, I would have head-

Larry Hagman, nonsmoker and envy of junk-food junkies, works out with actress Heidi Hagman, his daughter. Singer-actress Debby Boone abetted her athletic ability by a change of diet and by giving up her 20-cups-a-day coffee habit.

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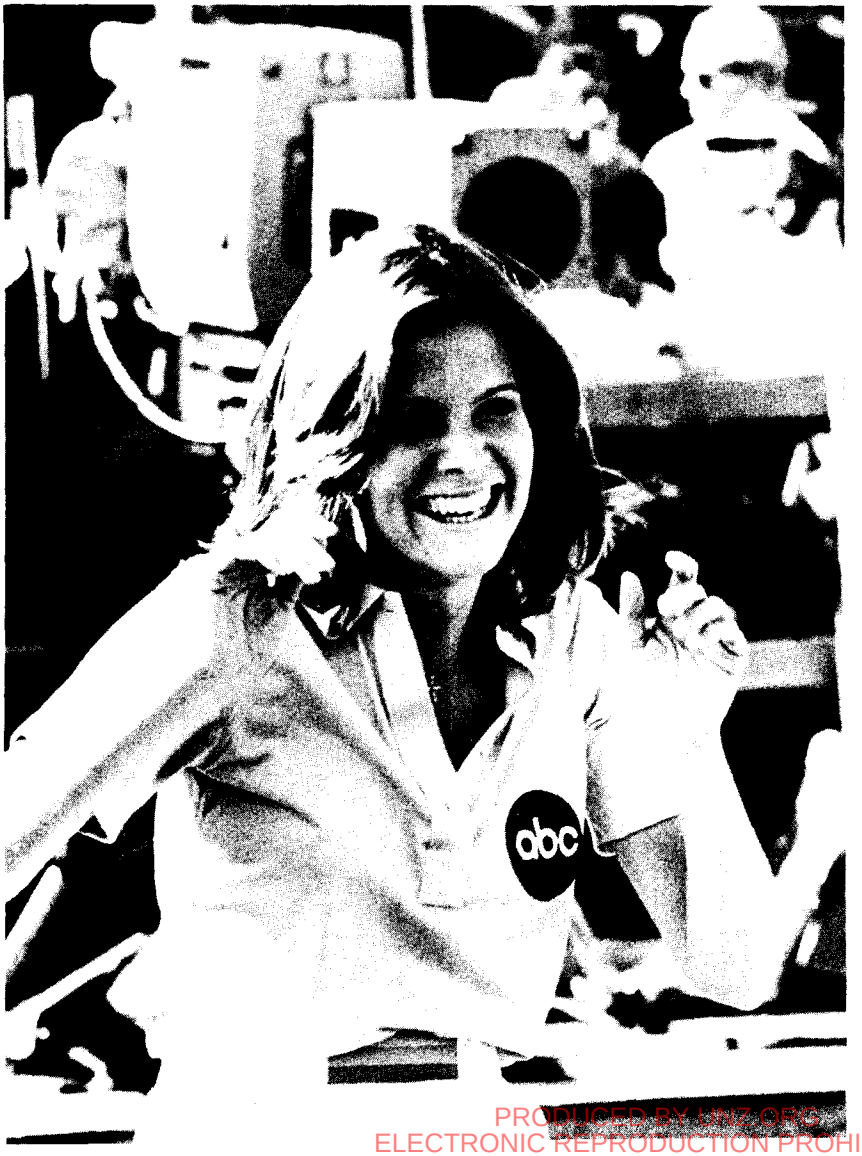
aches. Then, when I got pregnant, the smell of it made me sick, and I quit for good, just when the news came out about coffee and birth defects."

Debby also suffered with stage fright so severe that it threatened to cut short her bright career. "I hate nervousness because it destroys the things that I try to do." Debby had won laurels for the record-breaking sales of her hit, "You Light Up My Life," but in front of a live audience, she suffered with stomachaches, headaches, insomnia for days leading up to a performance, sweating, shaky voice and facial twitches. She turned to pills, but not the kind you usually hear of in Hollywood. She discovered an herbal tablet called Calms Forte, a natural camomile-based antidote for her stage phobia. "I also changed my diet. I eat fruit in the morning with lemon water. I love vegetables, sunflower seeds, chicken, fish and whole grains. I snack on fresh frozen grapes and banana pieces."

David Hartman, host of ABC's "Good Morning America," tones the muscles of his six-foot, five-inch frame by running. At times he is able to return lobs hit by tennis pro Arthur Ashe, now back in shape after a heart attack.

Debby and her career-coordinating husband, Gabriel Ferrer, credit her reformed eating habits for the problem-free birth of their son, Jordan Alexander, who weighed in about two years ago at a healthy eight pounds, five ounces. During her pregnancy, Debby says, "I went everywhere. I kept up my exercises and even swam every day."



Larry Hagman, the granddaddy of video villains, is probably best known for his strict avoidance of cigarette smoking. It's not beyond him to carry a battery-powered pocket fan that he turns on when someone nearby lights up. He's so famous on the "Dallas" set as a devout nonsmoker that some of the cast and crew have quit. The rest smoke when Larry's away.

When Larry proved to himself that he could break his old nicotine habit, he tested his willpower further by placing himself in the care of a UCLA physician who put Hagman on a liquid diet. Forty pounds later, Hagman is a slimmer, handsomer cuss and the envy of many junk-food junkies. It seems that Hagman's methods are certainly influential in keeping him at the top of the nighttime ratings.

To stay on top of the early morning competition, ABC's "Good Morning America" host, David Hartman, works hard to keep his six-foot, five-inch frame hovering around the 200-pound mark. "I'm in good shape, but boy, do I pay the price!" David says, after wrapping up a two-hour program. "Running has to be the toughest—if not the

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Although his lifestyle has changed since the success of *Rocky*, Sly Stallone's one constant has been his physical discipline, which includes boxing. . .and taking one on the chin from L.A.'s Mayor Bradley.

most boring—physical activity known to man. But it's the only activity that does it all for you. It not only helps you work off excess weight, it tones the muscles and, most importantly, exercises the heart by pumping all that blood through your system."

But all that effort is worth it to Hartman, the son of a Methodist minister turned advertising executive. "I was a butterball until I was 13. And lazy. When I was inconsolable, my father's advice really helped me. He said, 'There is a Heavenly Father. There is a plan and purpose to our being here.' "

Papa Hartman's words reverberate in David's mind each morning as he forces himself out of a warm bed at 4:00 a.m. to prepare for "GMA's" 7:00 a.m. air time. He does the show, researches and prepares for the next day and is home for dinner and bed by early evening. Thanks to David's years as a varsity athlete, he is able to keep up with the pace. The ex-actor won seven letters in his Pawtucket, Rhode Island, high school but turned down offers from the Philadelphia Phillies and the Boston Braves to get his B.A. in economics at Duke University. There he perfected his sports ability by studying ballet, jazz dance and tennis.

David went from Duke to stage acting and eventually television, where he created the role of Dr. Paul Hunter on "The Bold Ones" series. But his love of New England cooking was working against him. When he had ballooned to 230 pounds, he confesses that his favorite cornmeal Johnny cake pancakes were partly to blame. "Then the doctors told me pancakes were a no-no and too many eggs lead to heart trouble. I love to cook and entertain, but I had to diet to get those 30 pounds off. I like chicken cooked different ways, and I insist on freshness. Broiled chicken is awfully good, and I discovered it was good baked in grapefruit juice."

Lynda Carter, the former star of "Wonder Woman," knows how to make herself stay in shape, too. The 1973 winner of the Miss World-USA pageant was later voted the Most Beautiful Woman in the World by the International Academy of Beauty; but she has no illusions about her appearance. "I'm not perfect," says the 29-year-old native of Phoenix. "My teeth aren't straight up front." But at five-feet, nine inches and 125 pounds, the daughter of an antique dealer had to struggle to become the prototype of a Wonder Woman. "I jump horses and maintain a grueling exercise regimen to keep fit. I have to diet all the time or I gain weight overnight. In high school, I passed the 150 mark."

With a near-genius IQ, Carter took awhile to wise up about smoking. "I think smoking is the most disgusting thing in the world. I smoked off and on before I really quit. I don't drink much and don't take drugs. I don't like what drinking does. If I have one drink, I drink like it's not alcohol. Instead I drink half to a whole gallon of water a day and lots of pear or orange juice instead of cocktails."

Lynda became a born-again Christian through the example of her older sister, someone Lynda values for her warmth and sense of humor. "I had everything—'Wonder Woman' a recording contract, Las Vegas appearances, a terrific husband, home and lots of money. None of these things could fill the void that only the Lord could fill."

As Maybelline's fashion and beauty director, Lynda says, "I take better care of myself now. I never used to wash my face. Now I wash with glycerine soap and water. I think I'm prettier now, and I'm thinner." She also swims, jogs, plays tennis, lifts weights and watches not only how much, but what she eats. "I've become a partial vegetarian because the U.S. government allows meatpackers to inject cattle. The meal I like to make for myself is a vegetarian guacamole taco. It's my favorite dish."

It would seem that with a title role such as Wonder Woman, Lynda Carter would be the most fitness-conscious star in town, but *Rocky* star Sylvester Stallone probably has her beat. At five feet, ten-and-a-half inches, Sly Stallone keeps his weight around 175 these days; but if a movie role calls for it, Stallone can alter his weight with the ease of a yo-yo pro. "For *F.I.S.T.*, I wanted 25 extra pounds to give the look of a man who has been living the good life." Sly porked out to achieve his goal and then headed for the Holiday Health Spa in West Los Angeles afterward to get his lean, Rocky Balboa physique back.

Riding the crest of *Rocky III*—Stallone's PG-rated saga of the modern American folk hero—Sly has had to battle with marital problems, public acclaim and a mythical, unrealistic image. "I quit smoking because kids would come up to me and say, 'Hey, Rocky doesn't smoke.' " A lot of things have changed since *Rocky* won the Best Picture Oscar, but one constant has been his physical discipline. "I shadow box, work the barbells and weight machines, jump rope, jog, do sit-ups and watch what I eat."

Nevertheless, Stallone's first training diet for *Rocky* backfired.

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"I ate only protein—no juices, fruit, vegetables or bread. I had lots of strength but no endurance, and nothing was going on up here," he says tapping his cranium. "For *Paradise Alley*, I ate chicken, fish, nuts and basic *Rocky* foods. That made me jittery, edgy, and I spoke like an auctioneer." With his role as a World War II POW and soccer player in *Victory*, Stallone finally found that a balanced diet brought the best results.

Perhaps Sly could have handled his new success better if he'd done better in school. It wasn't until his divorced parents sent him to the Devereux-Manor High School for emotionally disturbed kids in Pennsylvania that he developed his self-esteem. Through psychological counseling and athletics, Sly began to recover. "I had no outlet until I started going to the gym and lifting weights. I also took up oil painting," to bring balance to his demanding world.

He eventually graduated from the University of Miami (Florida) and set out to become an actor. Aside from a few parts, it wasn't until he sold his script for *Rocky* that his career began to move. But unlike the fictional Rocky Balboa, Sly needs more than physical fitness; he needs mental fitness, too, and he provides that for himself in his creative exercises. "When I'm not writing, I paint. When I'm not painting, I go to the gym. When I'm not at the gym, I go for hikes."

Sly is the first to admit that his personal life went haywire when *Rocky* proved to be such a surprise smash, but he gives credit to his wife, Sasha, and his two sons for helping him get back on the track. He knows the value of staying fit, a lesson he learned after suffering fatigue, nervousness and multiple injuries during *Rocky II*. Today, he describes himself thus: "I'm a typical macho. My mind and body work together. My muscles are the machinery to carry my dopey head around. And there's something inspirational about sweat."

In make-believe, they run for their lives; in real life, it's for their health. (Left to right) Linda Lavin of "Alice" fame; Karen Grassle; Richard Hatch, best known for "Battlestar Galactica"; and "Wonder Woman" Lynda Carter.

Stallone has had a lot of company along the trial-and-error route to please the camera. Valerie Harper of "The Mary Tyler Moore Show" and "Rhoda" series finally went to a $1,000-a-week fitness expert to learn how to keep the weight off. "I like to eat. I really do. What I had noticed with my weight was that I gained to lose because I was happiest when I was losing weight. I weighed 160 when I started 'The Mary Tyler Moore Show,' which was a bit much if you're five feet six. I fluctuated from 118 to 140. I was constantly dieting, but nothing would work. As a chubbette, I'd skip breakfast and have ten tacos for lunch." When she lost weight just by dieting, "I got down to 118 and looked like a cadaver, except for my hips, which still managed to weigh a ton."

Then, about three years ago, Val was cast in *Chapter Two* in a role that called for a swimsuit scene. She'd heard about a fitness consultant, Tony Cacciotti, who had helped John Travolta, Richard Gere and John Ritter shape up. With just eight weeks before her big scene, she put herself in Cacciotti's able hands. "I did slow stretches, started running daily, lifted three-pound weights to strengthen my arms and went on a low-sugar, low-starch, no-night-snack diet. He allowed me a weekend treat just to keep from going nuts." In seven weeks, she'd lost 20 pounds, including two-and-a half inches from her waist and four from those nefarious hips.

Audiences were shocked when they saw Val in *Chapter Two*. "No one could forget that I did nine years of fat jokes on TV," she explains. But she owes much to her new program of aerobics. "Now my body has definition, and I've got more energy. What makes weight-training beneficial is that through proper movements you can increase or reduce any part of the body." By continuing with the techniques and diet devised by Cacciotti, Val has no trouble keeping her weight around 125. Now, at age 40, Harper is no longer the butt of fat jokes. In fact, Paul Newman thought she was *too* thin when he directed her in *Shadow Box*, and Valerie obligingly brought her poundage up from below the 120 mark. Such weight problems she had thought sure she would never have!

Just as he did when an all-pro tackle for the L.A. Rams, Merlin Olsen, the star of "Father Murphy," maintains his lifestyle of abstinence and exercise, hiking, swimming and golf.

Yet everyone has to deal with fitness problems, whether they're seen by millions in Cinemascope or by just the neighbors over the backyard fence. Among the celebrities we mentioned, we found some common traits. All have made a concerted effort to keep and improve what they have. And physical well-being usually isn't enough for them. Many shared a need to believe in someone or something bigger than themselves. And it seems that this dual purpose is what really makes staying healthy pay off in many more places than the waistline.

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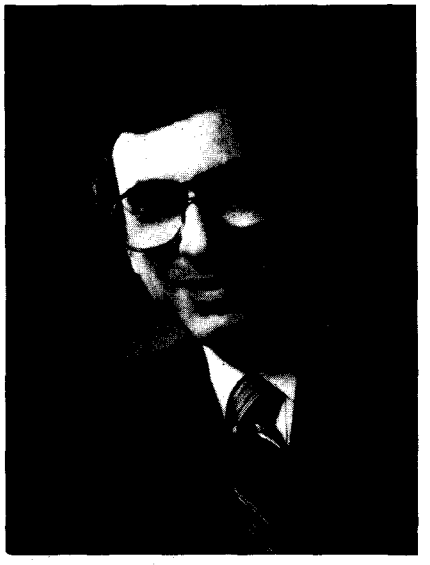
HOW TO PREVENT A HEART ATTACK

"The time may come when a blood-pressure kit will be as common in our homes as a thermometer—and perhaps for even better reasons."

Editor's Note: Several years ago, we had the pleasure of hearing Dr. Norman Kaplan speak to the National Conference on High Blood Pressure. He was the keynote speaker at a banquet, and we knew his humorous remarks about a serious subject would hit home with professionals and lay readers alike. "Alas," he said, deploring the high salt content of processed and canned foods, "it's as though shelf life is more important than human life!" We urged him to write for lay audiences and, in particular, for The Saturday Evening Post. *We're proud to publish his work for the first time in this issue. His book,* Clinical Hypertension, *for professionals is in its third printing. We highly recommend Dr. Kaplan's excellent new book entitled* Prevent Your Heart Attack *from which some of the following is excerpted. It is one of the best books on the subject of hypertension to be written for lay readers. It will be available at bookstores in late 1982. (Scribner's and Company, $12.95)—C.S.*

Most likely, you and I will die of a cardiovascular event, either a heart attack or a stroke. If the event occurs suddenly, at age 70 or 75, it may be a quick and easy, relatively painless way to go. Compared to the prolonged miseries of cancer, we are certainly much less concerned about heart and vascular disease. Witness the much larger amount of money we contribute each year to the Cancer Society than to the American Heart Association.

But cardiovascular disease is not the merciful angel of death, swiftly sending the spent elderly to their deserved eternal rest. Heart disease is the most common cause of death for 40- to 60-year-olds as well. And both heart attacks and strokes disable hundreds of thousands of active, productive people each year, adding billions of dollars of expense and seemingly endless days of suffering and misery to their lives.



Dr. Norman M. Kaplan, professor of Internal Medicine and head of the hypertension section at the University of Texas Southwestern Medical School at Dallas, has authored more than 100 papers on hypertension for professional journals.

As has been true for the last 50 years, cardiovascular diseases are the most common cause of death in the U.S., killing almost one million Americans each year, responsible for more than half of all mortality. When all other causes of death are added together—cancer, diabetes, accidents, pneumonia and other infections—they come to fewer than cardiovascular disease.

There are three major risk factors that increase your chances of having a stroke or heart attack—cigarette smoking, high blood cholesterol and hypertension or high blood pressure. Along with heredity and diabetes, these in large part determine whether you are at high or low risk for having cardiovascular disease. Obesity, physical inactivity and stress play a lesser role in determining your susceptibility.

Of these three major risk factors, hypertension is the most common and may be the easiest to control. About 60 million Americans have a blood pressure above 140/90—the dividing line between a normal and high pressure. A normal pressure for an adult male may be as low as 90/60, though 120/80 is the usual level. As it rises, the heart must pump harder and the blood vessels are pounded harder with every heartbeat. After many years, the heart may enlarge and finally weaken, the blood-vessel walls roughen or rupture. Thereby, a heart attack or stroke will develop.

Unfortunately, your blood pressure may be high without your having any symptoms or warnings. Hypertension is called "the silent killer"—a killer because of the cardiovascular disease it engenders, silent because for many years it may be damaging your heart and blood vessels while you are totally unaware of the high pressure.

These pressure-induced damages may take many years to lead to a stroke or heart attack. So, for 10, 15, 20 years, hypertension is insidiously causing damage, but no symptoms are experienced. It's comparable to the slow build-up of water behind a new dam: Not until the water begins to flow over the top may we be aware of the massive accumulation.

Some hypertensives have headaches, dizziness or nosebleeds, but these are really no more frequent than in people with normal blood pressure. Of course, the pressure may rise to very high levels and cause a hypertensive "crisis," with more severe headaches, mental confusion and even convulsions, but that picture is fortunately quite rare.

We would all be better off if hypertension hurt a little bit or caused some symptoms that would call at-

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tention to its presence. Thereby, you would more likely seek attention to discover high readings earlier and would more likely do what is needed to bring the pressure down. But as a "silent" process, the only way to identify hypertension before it causes irreparable damage to vital organs is to have a blood pressure taken.

That sounds simple enough but, even now, many do not. A blood-pressure check should be part of every contact you make with the health-care system, when you see your dentist, optometrist or podiatrist. Your pharmacist may do it, but more likely he'll provide an automated machine that reads your pressure for 50 cents. Unfortunately, many of these readings are in error, but if we can put men on the moon, we should soon be able to take accurate blood-pressure readings automatically.

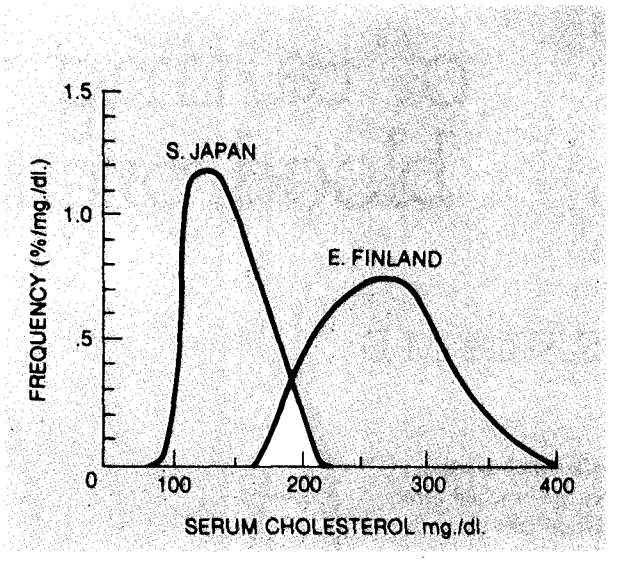
But the best way of all—particularly if you or other members of your family have been found to have a high pressure—is to "do it yourself" by home readings. The time may come when a blood-pressure kit will be as common in our homes as a thermometer—and perhaps for even better reasons. Everyone from early childhood on should have a frequent blood pressure test. If it's found to be "borderline" or definitely high, the pressure should be taken more often—if it's "borderline," to document what your true pressure status is; if it's high, to ensure that your treatment is working to bring it down to a safe level.

One of the main reasons why more and more doctors are encouraging the use of home blood-pressure readings is the need to be more certain of whether most readings are high or whether only an occasional one is elevated.

Your pressure may have been recorded as normal on one occasion and high at another. Actually, your blood pressure is constantly changing, from minute to minute, as much as 20 to 30 mm Hg (or as some prefer, "point"). When you sleep, it may go down by 40 mm Hg; when you strain at stool, it may go up by 60 mm Hg.

Even while you are seemingly relaxed, your pressure may bounce around considerably. Therefore, most physicians prefer to take three readings during an exam and take the average of these as the "true" reading. In order to know better what the usual pressure is, three sets of readings at different times should be recorded.

In the past few years, more and more people have been taking their own readings with home blood-pressure kits. Thereby, a better idea of their usual readings can be gained.



The effect of a high-cholesterol diet can be easily seen in a comparison between Finland, with its high consumption of dairy products, and Japan, where vegetables comprise much of the diet. Most Japanese have serum cholesterol of less than 150, while Finns average 300. The Finns have nine times as many heart attacks and strokes.

The reason why many readings need to be taken is to ensure that a person is really hypertensive. The division between "high" and "normal" at 140/90 is somewhat arbitrary, since every millimeter of rise is associated with some increase in cardiovascular trouble. We've taken the 140/90 value as the dividing line because that's when a significant amount of trouble begins to show up, but that number really should be the average of a series of readings. Unless the readings are definitely dangerous (such as 210/130), there's really no hurry to make the diagnosis. Often the first readings tend to be considerably higher, probably because you are more up-tight and tense.

Though it's a good idea to confirm those first readings, they shouldn't be disregarded even if all the subsequent ones are lower. If even only one or two are high, you should be concerned, even though they may only indicate that your pressure needs continued surveillance. At the least, such occasional high readings are indicative of a greater likelihood that persistent high readings will develop. They should be taken as warning signals to do what can be done to prevent a progressive rise in the blood pressure.

Cholesterol and Saturated Fat

Just as this article was being written, a paper appeared in the medical journal *Lancet*. The paper described the results of a carefully controlled study in which 1,232 healthy Norwegian men, aged 40 to 49, who had moderately high blood-cholesterol levels were randomly divided into two groups. One group, the control group, was left alone; the other was asked to follow a diet with fewer saturated fats and slightly more polyunsaturated fats, the intervention group. This diet was composed of additional polyunsaturated margarine and oil, skimmed milk, fish, low-fat cheese or meat, vegetables and fruit, with no more than one egg weekly. Those on the diet were also asked to stop smoking.

These men were all followed for five years. By the end of this time, the men on the diet had an expected decrease in their average blood cholesterol level, from 328 milligrams per 100 ml to 263, whereas the average cholesterol level of the control men actually rose slightly, from 328 to 341.

Along with this fall in cholesterol, the 604 men on the diet suffered significantly less sudden cardiovascular disease and death than the 628 in the control group. More of the men on the intervention diet remained free of heart disease. They had 55 percent fewer deaths from coronary events.

continued on page 84

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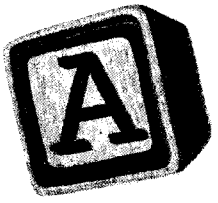
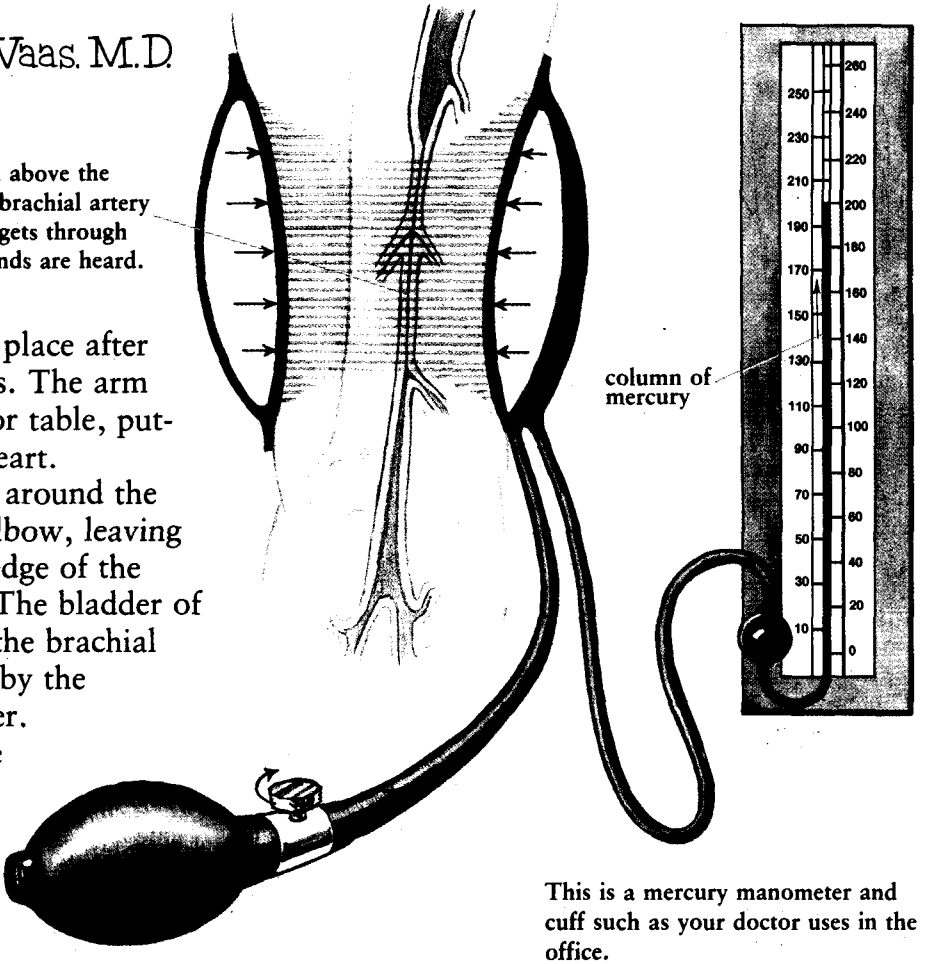
The A B C's of taking your blood pressure



by Cory SerVaas, M.D.



With the cuff inflated above the systolic pressure, the brachial artery is blocked, no blood gets through and no turbulent sounds are heard.

This is a mercury manometer and cuff such as your doctor uses in the office.

Take your pressure in a quiet place after having rested for several minutes. The arm should be supported on a desk or table, putting it at the same level as the heart.

Wrap the deflated cuff snugly around the bare upper arm just above the elbow, leaving about one inch from the lower edge of the cuff to the crease at the elbow. The bladder of the cuff should be applied over the brachial artery. The cuff is held in place by the Velcro® (adhesive fabric) fastener. Next, the tips of the stethoscope earpieces should be turned forward in your ears. Adjust for comfort. Tap the diaphragm side of the stethoscope to be sure you can hear. If there is no sound, make a half turn of the diaphragm and tap again.

Now slip the upper half of the diaphragm just under the lower edge of the cuff and over the brachial artery. Press down firmly for good contact (see illustration). You can find your brachial artery by feeling for the pulse.

Turn the valve on the bulb in a clockwise motion until it is tightly closed, and inflate the cuff quickly by pumping the bulb until the gauge goes to 200, or 30 millimeters higher than your suspected systolic pressure.

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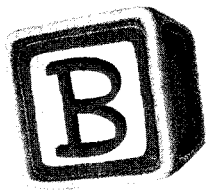
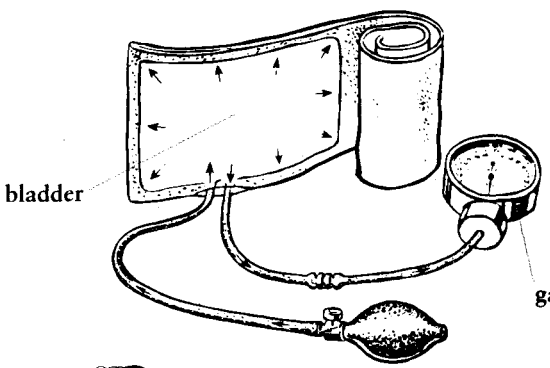
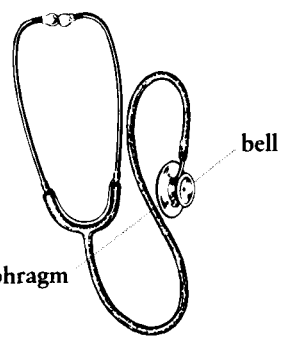
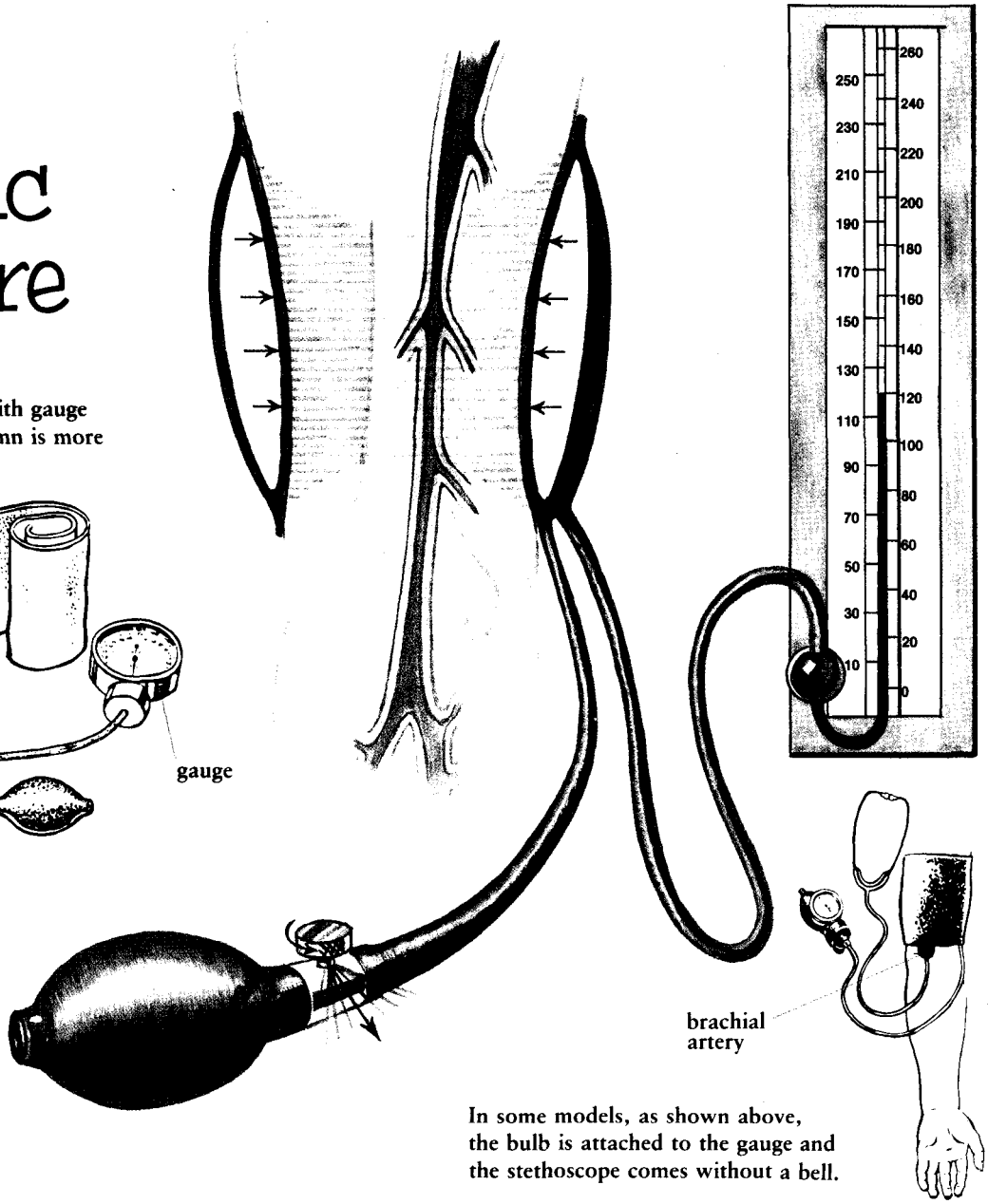


Systolic Pressure

A blood-pressure cuff with gauge instead of mercury column is more popular for home use.







In some models, as shown above, the bulb is attached to the gauge and the stethoscope comes without a bell.

If you should hear thumping sounds immediately when you stop pumping, you have not gone high enough. Release the pressure, wait two minutes, and start over. Inflate the cuff 30 millimeters above the onset of the thumping sounds. To pump the bulb, always use the hand of the arm not wearing the cuff.

Next, while watching the pressure gauge, slowly turn the valve on the bulb so that the pressure in the cuff begins to go down at the rate of about two millimeters per second. (Two millimeters is equal to one notch on the gauge.)

Listen carefully and watch the gauge. Make a mental note of the reading on the gauge when you hear the first consecutive tapping sounds. THIS IS THE SYSTOLIC PRESSURE. At this point, the pressure within the brachial artery becomes greater than that exerted by the cuff, and blood begins to pass through.

Because the artery is still slightly collapsed, the blood flow is turbulent and produces clear tapping sounds through the stethoscope.

Continue deflating the cuff at the rate of about two millimeters per heartbeat. You will continue hearing the tapping sounds.

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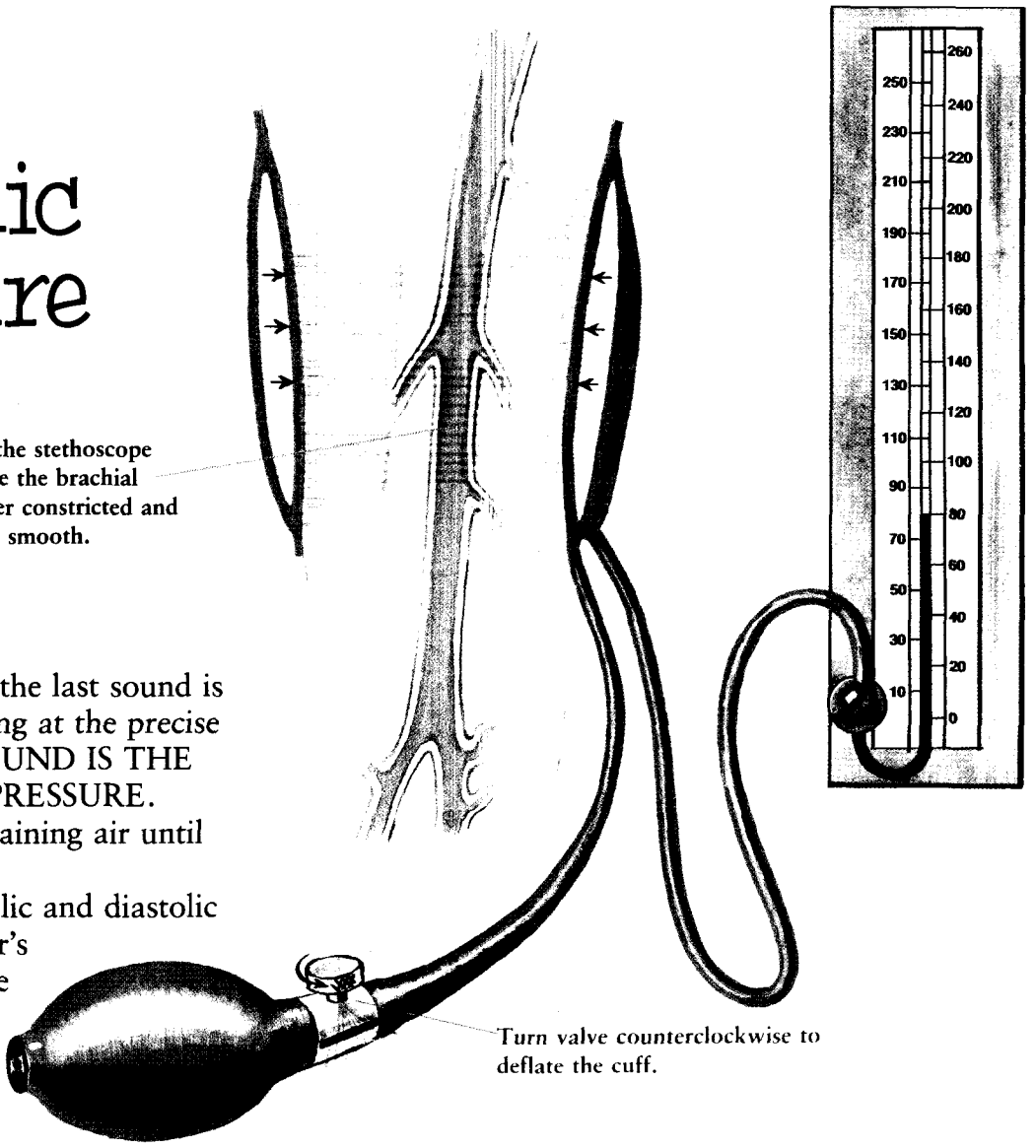
Diastolic Pressure



Sounds through the stethoscope disappear because the brachial artery is no longer constricted and the blood flow is smooth.

Turn valve counterclockwise to deflate the cuff.

Listen carefully until the last sound is heard. The gauge reading at the precise time of THIS LAST SOUND IS THE DIASTOLIC BLOOD PRESSURE. Quickly release the remaining air until the cuff is empty.

Write down the systolic and diastolic pressure for your doctor's use, and record the time of day the pressure was taken. The pressure on our illustration would be written: 120/80.

If you feel you were unable to take an accurate reading, you should always wait two minutes before reinflating the cuff to try again. Recheck the placement of your stethoscope, making sure it is directly over the brachial artery. If you have difficulty hearing the sounds, open and close your fist several times after inflating the cuff.

The standard cuff fits most adult arms, but if you have an unusually large upper arm, you should buy a large-sized cuff. Your equipment should be checked against a standard mercury manometer at least every six months.

Only a physician should treat high blood pressure. Frequent pressure readings taken at home provide your physician with a good indication of how your blood pressure behaves on a day-to-day basis.

We hope that these brief instructions will be simple enough to encourage you to practice taking your blood pressure. There are many subtleties which could not be included in this brief introduction. For those interested, the Indiana University School of Nursing has a 21-minute color videotape for teaching patients to take their own blood pressure, and the Indiana University School of Medicine Specialized Center for Research in Hypertension has made arrangements for patients to obtain blood-pressure kits for home use at special prices. If you wish further information or reprints of these instructions, please write to: Medical Education & Research Foundation, 1100 Waterway Blvd., Indianapolis, IN 46202.

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Puritan vs. Cholesterol

In a University Study, 43 families on low saturated fat, low cholesterol eating plans reduced serum cholesterol an average of 9.6% in three weeks. For cooking and salad dressings they used Puritan Oil, because it's low in saturated fats, with no cholesterol.

Q. Who were these people? Experts on nutrition?
A. No. They were ordinary people, a group of families who lived near the University.

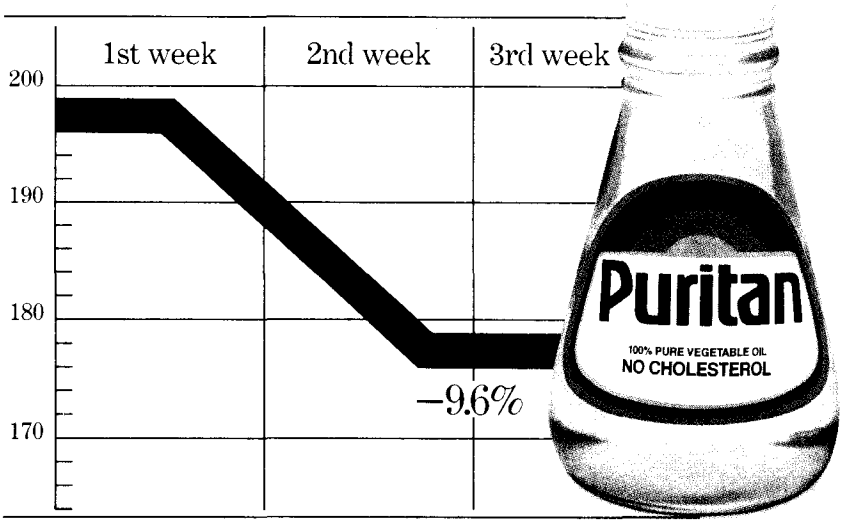
Q. Did the University serve them their meals?
A. No. They were given eating plans and nutritional guidance, but they cooked their own meals in their own homes. Nobody snooped.

Q. How did they get the kids to follow the eating plans?
A. We're not sure! We think it was because the eating plans weren't drastically different from their previous diets. The foods on the eating plans tasted good. And there was no skimping on desserts.

Q. How did these eating plans differ from the average American's diet?
A. The families consumed less cholesterol and saturated fats. They ate more fish, more chicken, more fruits and vegetables. And when they ate meat, they chose veal or lean cuts of beef.

Q. How does Puritan Oil fit into the picture?
A. The families were supplied with Puritan Oil for salads and cooking because Puritan is low in saturated fats and contains no cholesterol.

Q. Would this way of eating work for my family?
A. That was the whole purpose of this University study: to see if average families, eating their meals at home, could lower cholesterol levels. The study seems to say: it *can* be done.



Puritan knows you're fighting serum cholesterol.
Puritan wants you to win.

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THE 700 CL
LIFECAR

What's new in medicine, nutrition and personal healthcare? The 700 Club LIFECARE DIGEST!

Pat Robertson, 700 Club host and President of the Christian Broadcasting Network, joins with Saturday Evening Post Editor Cory SerVaas, M.D. in pre-

The 700 Club and The Saturday Evening Post

senting an exciting, informative weekly series entitled "LIFECARE DIGEST". Beginning Thursday, October 7, 1982, this series will update you on the most recent medical breakthroughs which could save your life, or the life of a person you love.

Pat Robertson

Cory SerVaas, M.D.

Watch each week and see how you can learn to read your own body's early warning signals; find out how to avoid those hidden and obvious personal health hazards; and also learn some simple life-saving techniques designed just for your... lifecare.

Because you care about your health and the health of those you love ... tune in each Thursday for the 700 Club's LIFECARE DIGEST.

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UB PRESENTS DIGEST

October 7
Uptight About Hypertension?

Millions of Americans suffer from high blood pressure which may be caused by too much salt, fat, and low fiber foods — with too little exercise. Learn how you can enjoy new food and exercise while lessening your risk for hypertension-induced heart attacks and strokes. Tune in and get the facts.

October 14
A Preventable Cancer?

High fiber diets and a simple test which can be done in the comfort and privacy of your own home may help you prevent cancer of the colon. Dr. Cory SerVaas, will show you some simple safeguards against one of America's most vicious killers. Some cancers can be prevented. Watch and see how.

October 21
They Call It CPR

But to those who owe their lives to it, they call it "a miracle". Find out how to properly use cardiopulmonary resuscitation to save the life of a loved one or friend in an emergency. Annually, hundreds of fatalities due to heart attacks, drownings, and respiratory problems are avoided through the use of this easily learned technique. Be sure and watch.

October 28
Crib Death

Yearly 6,000 to 7,000 babies become victims of the puzzling medical mystery called Sudden Infant Death Syndrome (crib death). Who are SIDS' prime targets? Can SIDS be prevented? How? Death in the cradle should not have to happen. Find out how and why on this week's 700 Club LIFECARE DIGEST.

The 700 Club

The TV show that gives answers for life

Check your local listings for time and station

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A WIFE'S-EYE VIEW OF HOUSE REPAIRS

The easiest way to get those odd jobs done around the house is to get them started, get hubby involved, then go on about your business.

by Maynard Good Stoddard

Illustrated by Jared Lee

My wife knew I was no Houdini with the hacksaw when she married me. I had already hacksawed a leg off her old man's stepladder using it for a sawhorse while paneling the doghouse. And followed this success by installing her pencil sharpener in such a manner that to sharpen a pencil she would be required to go outside the house and stick the pencil through the siding. And the week before we troughed our plights in holy wedlock, or however that goes, I had answered the challenge of laying linoleum "that would be free of seams" in her folks' kitchen. By making the final measure with the wrong end of the yardstick, I not only came up eight inches short of the wall at one end and an even foot on the side, but in the process I somehow managed to sever the aerial wire to the TV.

To a girl approaching the critical age of 20, however, with the only prospect in sight a klutz whose genes for mechanical aptitude were somehow lost in transfer, I suppose even *he* takes on the appearance of Mr. Goodwrench. Besides, where is the man who can foresee the devious designs lurking in the mind of a woman at the altar waiting breathlessly for his two terminal words of commitment, "I do"?

The man isn't here, that's for sure. Or *wasn't* here, I should say, until the event of the "doorknob caper," as I have labeled it.

Among the several peculiarities of our house was an inside door that locked through a keyhole in the doorknob, and an outside door having one of those heirloom doorknobs coming out of a square base, the key to which likely had been donated for the making of cannonballs in the War of 1812. And once a month since we moved there, Lois had been making those wifely gutteral noises about interchanging the two knobs. Maybe it was once every two months—you know how time flies when you have absolutely no conception about how to approach a particular project.

Anyway, this particular situation had drifted along real smoothly until the morning I stumbled out to the breakfast table to discover, just in time, that what I took to be my usual hard-boiled egg was not a hard-boiled egg at all. It was the locking doorknob.

"One of us has to get that other doorknob off," announced Lois. "I can't budge it." For some reason this reminded me of one of my dad's statements: "I don't want you driving on icy roads until you've done it a few times."

To make a long story nauseating, I spent the entire morning budging that other doorknob. And once I had it budged, I discovered that installing the other one in its place would require me to hunt up my trusty augur (brace and bit, Lois calls it) and enlarge the hole in the door. The bit being more rusty than trusty, I had to put all my weight behind it. Consequently, when the bit finally went through, the impact of my head against the casing was of such magnitude that the refrigerator door flew open. Thus endeth the first day.

The front door now rendered inoperable, it took me no longer than a week to get back on the job. I had come in from feeding Lois's hobby (five miniature ponies, which she herself in person had fed for the first three days after their arrival) to find the locking doorknob in the door and my little bride of yesteryear up to her pink little elbows in nuts, bolts, washers, screws, hammer, screwdriver, pliers—and nail clippers (don't ask me).

"Will you see if you can get this thing to stay in?" she addressed me. "I think it's one of those kind that turns in on itself."

So she stood aside while I began turning the thing in on itself (and don't ask me to explain that, either). In fact, she stood aside until bedtime, and I stayed with it until my knees became too weak to hold the flashlight.

Late the next day, I thought I had it. Then the neighbor kid came over and, as kids unthinkingly will upon entering a house, took hold of the doorknob. It came off in his hand. I therefore had to do it all over. And I've been doing it all over about once a week since. In the meantime, Lois has forged ahead to even greater challenges.

One challenge began on an otherwise serene afternoon, when I was

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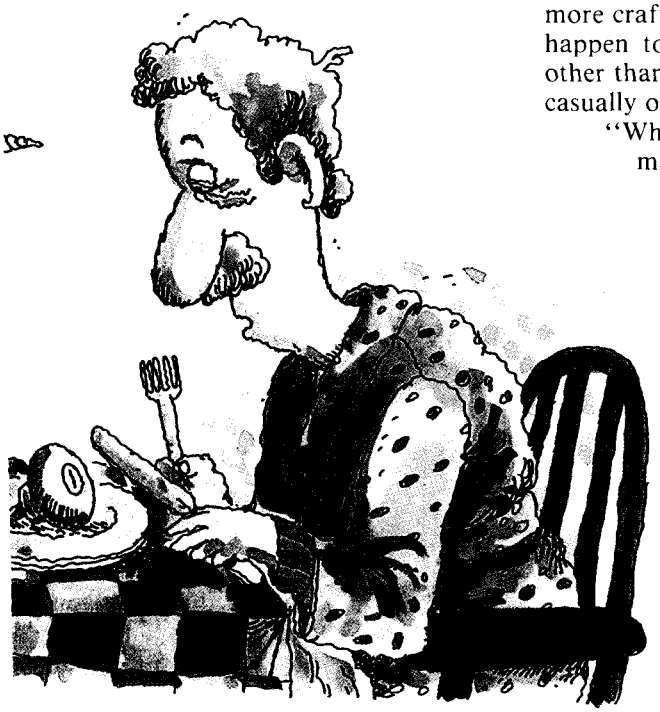
He discovered, just in time, that instead of his usual hard-boiled egg it was the locking doorknob.



resting up from my nap, with a strange crunching noise emanating from the root cellar. I hoped it was nothing more serious than our friendly woodchuck trying to level our house under the guise of looking for termites. But no such luck. It was Lois attacking the problem of how to keep Old Man Winter from freezing her canned goods.

"If you aren't busy, could you come down here for a minute?" she called. "This door seems to be caught in your plumbing."

My plumbing! Jumping to my foot, my other one still being asleep, I hurried down to find that my energetic little wife, in trying to fit a door from the henhouse to the cement casing of the lower doorway, had managed to get it wedged into my delicate pipe arrangement from kitchen sink to outside depository. Dodging a drip from a pipe already ruptured, she said, "If we can get the door out from under these dumb pipes and across the opening, this place will be a lot warmer this winter. The bottom of the door has to come your way."

The next I heard from her was when she called down to inquire if I could quit long enough to come to dinner. Yes, I could. But I couldn't get the door up and the pipes back together for two more days.

As a marriage progresses, the question keeps popping up: Does the husband get dumber or the wife more crafty? Or does hubby's mind happen to be absorbed in matters other than survival the morning she casually observes through her toast,

"What a beautiful day to make a rock garden."

It remained for our neighbor, Gail Abrell, to bring my mind out of absorption later that morning by driving in with his pickup.

"Where do you want these rocks?" he asked.

"What rocks are those?" I responded.

"The rocks your wife wanted to know if I had any of," he said.

By this time, Lois, who had been surveying our sagging line fence, walked over and directed him to dump the load in the middle of our front lawn. "It'll be the first thing people see when they come up the drive," she reported.

Jerry Robinson, our neighbor down the road who had heard the good news, contributed two more loads of rocks the next day. And by golly, Lois was right. For the next three weeks, that pile of rocks was the first thing people saw when coming up the drive. With crabgrass by that time beginning to spoil its natural beauty, I drove into town to be fitted for a truss and came back to begin restructuring that mound of boulders into something resembling a rock garden. After which Lois stuck in four midget cacti and a sprig of bitter vetch and began accepting compliments from everyone coming up the drive.

No sooner was I able to walk upright again than I went out on the back porch to find Gail's cattle contentedly grazing in our garden. My convalescence had obliterated the memory of Lois surveying our sagging fence, the second thing to catch the eye when coming up the drive.

"Couldn't you have waited until we got the new fence before ripping out the old?" I panted, as we were persuading the herd to avoid the melon patch.

"You know me," she panted back, stepping from one melon to another so as not to dirty her shoes. "When I make up my mind, I can't wait to get started."

So saying, she left me to stand guard at the missing fence while she went to town to buy new fencing and steel posts to drape it on. When she wasn't back by lunchtime, I left Beau—the fur-covered appetite we call a dog—in charge while I dashed into the house to slap together a potted ham sandwich and pour a cup of tea from the pan which Lois had left warming on a back burner.

My second dash occurred at 5:45 p.m. at the ringing of the phone. She had given up trying to get the roll of fence into the trunk of the car and had called Gail to come with his pickup. And had I eaten anything? Nothing but a potted ham sandwich and a cup of tea you left on the stove. We didn't have any potted ham; it must have been leftover cat food. And the only thing left on the stove was the meat-loaf pan that had been put there to soak.

Gail arrived with the fence at 6:30—she at 8:15, having stopped at the OV Restaurant for a quick sirloin steak, baked potato, salad, two vegetables, homemade bread, pie and coffee.

"Maybe you can just string the fence across temporarily tonight," she called out to me. "We can put it up permanently tomorrow. It wouldn't be good for me to work on a full stomach."

If anyone out there knows how to drive steel fence posts into the ground temporarily, it's too late for me, but the information might come in handy for some other poor soul burdened with an energetic wife. I stayed with it until the moon went down and I could no longer see to pound my hand with the sledge.

Now that the fence is finally installed and looks so good when coming up the drive, Lois has been talking about replacing the old board fence facing the road. Come to think of it, she went to bed early because she said she had a lot to do tomorrow. I might as well begin looking up the tools. I won't be able to sleep anyway.

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A CRIB MONITOR FOR MARY MELINDA

Following the death of their infant daughter minutes after she was put to bed, the Houses could not sleep until they found a monitor for her twin, Mary Melinda.

by M. H. Brandon

The tragedy of SIDS became a reality for Donald House and his wife Mary Diane on January 6, 1976. After feeding their identical twin daughters, Julie Ann and Mary Melinda, Don and his wife put the babies in their cribs. Ten minutes later, when they went in to check on the girls, Julie Ann wasn't breathing.

"At that moment, my frustration over not knowing infant CPR really hit me head on," House said. His wife, a registered nurse, works in a coronary care unit and has performed CPR countless times, but House said she was paralyzed by the shock of seeing their daughter lying there lifeless. "I realized at that moment that being trained in CPR on adults, as I was, doesn't do you very much good when you're faced with a baby."

The House twins, Julie Ann and Mary Melinda, appeared healthy and normal a few days after birth, but Julie Ann died of Sudden Infant Death Syndrome within months.

House pointed out that their situation was different from that of most SIDS parents. "By the time most find their infant, it's too late. We had a chance but blew it. And that has been a tough realization to live with." Despite that, Don House hasn't tried to hide from what happened on that cold January day. Instead, he turned his tragedy into a mission—a quest to save the lives of other children who might be destined for the same fate as Julie Ann.

Immediately after the death of their daughter, the thoughts of Don and Mary Diane turned to the surviving twin. "The pathologist at the coroner's office was great. He let me know right away that Julie was a SIDS victim. Our immediate concern was: Could this happen to her twin sister?"

Don was trained as a biologist and was working at the time in cancer research. Because of that, he was familiar with medical libraries and the terminology used in medical journals. "I went to the library and started reading everything I could find on SIDS."

What Don and his wife learned was that Mary Melinda was at a substantial risk to fall victim to the same mysterious killer that had claimed her tiny sister's life.

Through the wife of the deputy coroner in the Wayne County Medical Examiner's office, the Houses learned that there were monitors. "She knew they existed but not much more. She suggested I get in touch with Children's Hospital of Michigan." Don found they had only one monitor they lent out, but only to parents who needed to monitor an infant who had had a "near-SIDS" episode. "You have to remember that this was before most hospitals had any kind of home-monitoring program," House said.

Don next called local hospitals trying to get more information on monitors. "Finally, I found a nurse who had a monitor she felt was very good. She sounded knowledgeable, so I decided to get the kind she was using." Immediately, Don phoned the company and arranged to purchase one of the electronic watchdogs.

Before long, other parents who had children that were either siblings of SIDS victims or "near-SIDS" victims had heard about Don House and his monitor. "Once we were done with our monitor, I started lending it out. But there were more requests for it than I could handle, and a lot of the people couldn't afford to just buy a monitor like I had."

Don persuaded the monitor company that had sold him his to donate one to the cause. Armed with the two monitors, Don and his wife tried to do as much good as they could; but two monitors weren't enough. "We would get calls at all hours. Parents would leave the hospital and want to find a monitor." Don did whatever he could, taking monitors all over the Detroit area so parents could have some peace of mind. "Before long I was calling bankers and helping people apply for loans—anything I could do to help a parent get a monitor."

House is now a living legend in the Detroit area. Herman Gray, M.D., a member of the pediatric

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faculty at Wayne State University School of Medicine and medical director of the Infant Apnea Identification Program at Children's Hospital of Michigan, said, "Don really cares. He and his group were instrumental in getting the state to authorize payment for home monitoring."

In addition to looking for a better monitor and working full time, Don continues to help other parents who are trying to cope with a SIDS or "near-SIDS" tragedy. The latter role is only one of his duties as head of the Michigan chapter of the National Sudden Infant Death Syndrome Foundation.

The peace of mind Don and his wife got because they had a monitor to watch over Mary Melinda made the money they spent on it well worthwhile. "After Julie Ann died and before we got that monitor, one of us was just about always awake watching over her. It was a hard time. We were so frightened that we hesitated before going into her room for fear we'd find her dead."

Pediatricians and SIDS experts are not in agreement about which babies should be monitored and as to what equipment should be used. One thing everyone does agree on, however, is that, for monitoring to do any good, parents must be taught how to resuscitate an infant when necessary. They emphasize the importance of CPR training, pointing out that the feeling one could perform it if necessary is most important. That, they stress, can only be acquired through proper training and refresher work.

"Babysitters and others who watch over the baby while the parents are away also need to know how to operate the monitor and how to do CPR," said Gray.

Another important aspect of home monitoring is the question of equipment. There are two basic types of monitors. One requires that small, sticky, circular patches be placed on the infant. These monitor respiration by what is called impedance.

The other type of monitor requires nothing be attached to the infant. All that is needed is a pad under the mattress that is attached to the monitor. The pad is essentially an air-filled cushion that can detect the infant's movement. If the baby stops breathing and his motion ceases for longer than 20 seconds (a situation doctors refer to as apnea), an alarm sounds to alert the parents. This is called a pad sensor system. Which type is better? Despite the strong feelings of some, the question remains unanswered. "There are problems with both systems," said Daniel C. Shannon, M.D., director of the Pediatric Pulmonary Unit at Massachusetts General Hospital. "However, we opt for the one requiring the patches, because we monitor both respiration and heart rate." But M. Heather Bryan, M.D., associate professor of Pediatrics at the University of Toronto, disagreed, saying, "There is no evidence that one is better than the other. We have used the pad system with more than 300 infants since 1974 and are thus far quite satisfied with it."

Donald J. House, with surviving twin Mary Melinda, now leads efforts in Michigan to bring monitors to parents of babies at high risk for crib death.

For Don House, there is little doubt in his mind that, for the parent, the pad-type monitor is most practical. "Can you imagine a parent having rocked the baby to sleep and, before placing it in the crib, having to apply the sticky attachments, resulting in an awake baby," he said. "Parents in our group prefer the simplicity of the 'under-the-mattress pad,' which requires no wiring to the infant."

If nothing else, an increased awareness of the availability of crib monitors will cause more families to learn CPR for infants. This in itself is a valuable result. All parents, grandparents and baby-sitters should learn how to resuscitate an infant while calling out for professional help. The value of training the public in CPR has been demonstrated conclusively in cities such as Seattle, and other cities should be encouraged to adopt such life-saving programs also.

Intertwined with the decision to monitor an infant at home is the question of when one stops monitoring. Generally, doctors agree that one year of age is the cutoff point. However, all confess that monitors usually don't come out of the home precisely on the first birthday. "I think we have to look at cases individually. It depends on how the infant is doing and how the family is doing. But around one year is when we start moving to discontinue monitoring," Shannon explained.

Alfred Steinschneider, M.D., director of the SIDS Institute and professor of pediatrics at the University of Maryland School of Medicine, emphasized that parents who think they have observed an episode in which their infant stopped breathing for even a short period of time should bring it to the attention of their doctor. "Some parents feel they don't want to trouble their doctor. If I could leave parents with only one message, it would be: Bring that episode to your doctor's attention."

As for expanding the scope of monitoring, Gray said, "I think one possible approach might be to monitor infants in the high-risk group with monitors that require patches and use the under-the-mattress type of monitors for infants of parents who feel they want to monitor their infant when the baby doesn't fall into the high-risk category." Gray emphasized that infants with demonstrated problems would then be switched over to the other type of monitor.

Gray also said that, while there are parents who have problems with monitoring, there are clearly some families that are brought even closer together by the monitor. That happened in the case of the Houses.

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WHAT A WORLD, SAID THE BICYCLE RIDER

But what kind of world is this where one must choose between the warmth of marriage and the bliss of love?

by William Saroyan

Illustrated by Joe Kaufman

Going around the world on a bicycle is no longer enough—the daredevil has got to go around the moon on a Pogo stick with one arm tied behind him if he wants to get his picture in the paper. Maybe that's why I wasn't impressed when Amshavir Shamavoor came to my door in Paris, removed a trouser clip from his right ankle, stepped back, his eyes on fire with excitement, and didn't speak, waiting for me (I presume) to get the full picture, which in fact I did get and didn't like.

This has got to be another nut from Fresno, I thought. And while I was trying to think who it might be, he began to speak at last.

"Dan, we went to Emerson together. Amsho? Shamavoor? A block and a half back of your house on San Benito? The little green house by the railroad tracks? In front of the brewery? Dan, here I am, on my way around the world on a bicycle, and here you are a world-famous picture painter on this high-tone street in the one and only city of Paris, hobnobbing with lords and dukes and high muckamucks. What a world. Amsho?"

I was afraid I might actually know him, might have known him, one of perhaps 300 Fresno boys I had known 30 years ago, because if I *did* know him, I would have to make something of it, and this just wasn't the time for it. But no matter how hard I tried to fix him somewhere in the past, I was relieved that I couldn't. He came from Fresno all right, there was no question about that, but to me he was a total stranger. I couldn't even vaguely remember him—name, face, height, weight, voice, excitement, eyes or manners, which were the traditional high manners of the kids of immigrants in Fresno—comedy, confidence, amazement, health and a determination to be superior in any competitive activity of America. He was of my mob all right, but I didn't know him, and I was glad I didn't, because my wife had just left me.

At four in the afternoon of that magnificent August day, she had announced in a kind of nervous frenzy that she had at last found true love and was going straight to him. Would I call a taxi, please? No, I would not call a taxi, but I would like to know what she was talking about. Love, that's what she was talking about—in the person of Al Poufnique, a black-bearded American poet from Greenwich Village we had met at a sidewalk table at the Deux Magots a couple of weeks ago. Well, if I didn't know how to be civilized and call a taxi, she would go out into the street and hail one.

Our two boys and two girls were all over the house about the big surprise they were going to spring on their mother on the occasion of the 12th anniversary of her marriage to their father—me. They had let me in on the surprise while she had been out shopping. So now she was back, and she had packed an entirely ridiculous-looking little checkered suitcase, and I wanted to know one thing—what about the kids? I meant, of course, what about their big surprise for *her*? I knew they had bought peaches and raspberries and had made a great bowlful of something to be eaten with thick cream, because we had all had that dessert the one time we had gone to Maxim's for dinner. That's what I meant, but she said she couldn't decide just now what to do about the kids. She might just throw them all over, the way that woman did who married D. H. Lawrence. Why not? Love and love alone is the thing and don't ever forget it, Dan—in a tone of Eastern philosophic earnestness, or would that be more nearly Western, that love-and-love-alone bazaz, maybe out of old what's-his-name's popular hymn of 1910, *Ah, Sweet Mystery of Life,* old Victor Herbert? And then, sure enough, she swung the great door open and flung herself out into the hall, leaving me standing there with my mouth open, thinking, *Al Poufnique, Al Poufnique, who is Al Poufnique?*

Nelly, 11 years old, the oldest, a lot like her mother, came running to let me see her in the new dress she had put on especially for the occasion: "Mamma go shopping again?"

"Well, yes, I think you could put it that way."

"Just so she's back by six for the champagne part of the party before dinner. And yummy, wait till you see what we're having."

Then Pat, ten, then Della, nine, and finally Rufe, eight, came to the door that was still wide open, and each of them said something about the big surprise for their mother, but I didn't remember (or even really hear) any of it, because all of a sudden I remembered who Al Poufnique was.

Well, it just wouldn't do, that's all. Had three weeks in Paris driven the poor woman mad, just because she was 37 and the mother of four kids, or what?

The kids were all right. I didn't have to worry about the kids. They were always fun. I wouldn't have had four, I wouldn't have had my wife have four if I hadn't always liked kids, always liked the idea of

continued on page 102

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GOLD MEDALS IN THE MAKING

Today's AAU junior athletes—minus braces, peach fuzz and pigtails—will be claiming their gold for America in the 1984 and 1988 Olympics.

by S. Rickly Christian

Illustrated by Robert Charles Howe

The year was 1920. Philadelphia's Vesper Boat Club had produced a powerhouse oarsman who, later that year, would earn a gold medal in the Antwerp, Belgium, Olympics. But first he wanted a crack at amateur world-class competition by entering England's renowned Henley Royal Regetta, the Wimbledon of crew.

It was not to be. The young rower received a Telex message that his application had been rejected. The reason: John B. Kelly was a bricklayer and union member. By Henley rules, he simply was not enough of a *gentleman* to join in the tea breaks scheduled during the competition. And because he couldn't sip tea as a social equal with other oarsmen, he couldn't row in the famed Regatta.

Stung by the rejection, young Kelly vowed revenge. His counterblow? He raised his son, John B., Jr., on the belief that amateur athletics should be open to all comers, regardless of whether or not they knew how to hold a teacup properly. He put oars in his son's hands at an early age, and some 25 years after his own humiliation, his namesake conquered Henley by winning its singles prize, the Diamond Sculls Award. His son went on to capture eight U.S. rowing titles and six Canadian titles. He took top honors at the World Championships in 1949 and the PanAm Games in 1955, topping it off with an Olympic medal, like Dad's, in 1956. (And now, *his* son is an amateur oarsman. John B. III served last year as captain of the Harvard crew team.)

However, John B. Kelly, Jr., today a Philadelphia attorney who serves as first vice president of the United States Olympic Committee, wasn't satisified merely to earn his medals and trophies and then retire from the amateur leagues. He wanted his father's revenge to be lasting. So he poured himself into volunteer work for the Amateur Athletic Union (AAU)—one of the largest amateur sports programs in the country and, more importantly, one open to *all* amateur athletes, aged 8 to 80, regardless of race, creed or social standing. There are no tea ceremonies in AAU competition. It's *pure* sports.

Founded in 1888, the Indianapolis-based AAU now boasts some 215,000 volunteer workers and an estimated 8.2 million athletes who participate in its wide range of sports programs. While big doesn't necessarily imply better, it does in the case of AAU. Athletic record books are full of the names of AAU-bred athletes—especially those who have participated in its most successful program, the 20-sport Junior Olympics.

Wilma Rudolph and Mark Spitz were among the many world-class athletes who found that the road to Olympic gold began with the Junior Olympics. Other former Junior Olympians include Jim Ryun, Frank Shorter and Harvey Glance; swimmers Don Schollander, Donna DeVarona and John Naber; "decathletes" Rafer Johnson and Bill Toomey; boxers Sugar Ray Leonard and Ken Norton; divers Jenni Chandler, Greg Louganis and Phillip Boggs; basketball players William Bradley, Jr., and Isaiah Thomas; and gymnasts Kurt Thomas and Bart Conner.

Junior Olympic-bred athletes have hit pay dirt so often that the program is something of a "farm system" for the U.S. Olympic teams. At the 1976 Olympics in Montreal, for example, 83 members of the American team were former Junior Olympians. They accounted for 25 gold and 25 silver medals—more than three-fourths of the gold and silver won by U.S. athletes. And since the beginning of the modern-day Olympics in 1896, 80 percent of the U.S. gold-medal winners were AAU-trained athletes.

"As a kid growing up in Clarksville, Tennessee, I didn't like household chores, so I had a good incentive to start running," says Wilma Rudolph, now 41, who ran as an AAU Junior Olympian and dashed upwards to become an internationally known track star. A leggy six-footer who contracted polio at age four, she overcame her handicap and later sprinted her way to three gold medals and one bronze in the Melbourne and Rome Olympiads. In 1961, she earned AAU's coveted James E. Sullivan Award, presented annually to America's outstanding amateur athlete.

"I was just an average kid," she says, speaking of her early Junior Olympic competitions. "I started from the bottom and had a little fun, and the excitement built. I developed a love for track and started winning. My love for the sport always overshadowed the work involved, and I've come away with a lifetime of memories.

"I believe any program that meets the needs of thousands of kids is a good program," she adds. "I was a product of it—I can testify."

When the Junior games were inaugurated, they were designed to give athletes from every corner of America the chance to develop their skills in Olympic-style competition. Each year, some three million young athletes, aged 8 to 18, enter about 3,000 AAU Junior Olympic meets. The cream rises to the top through local, association and regional com-

continued on page 98

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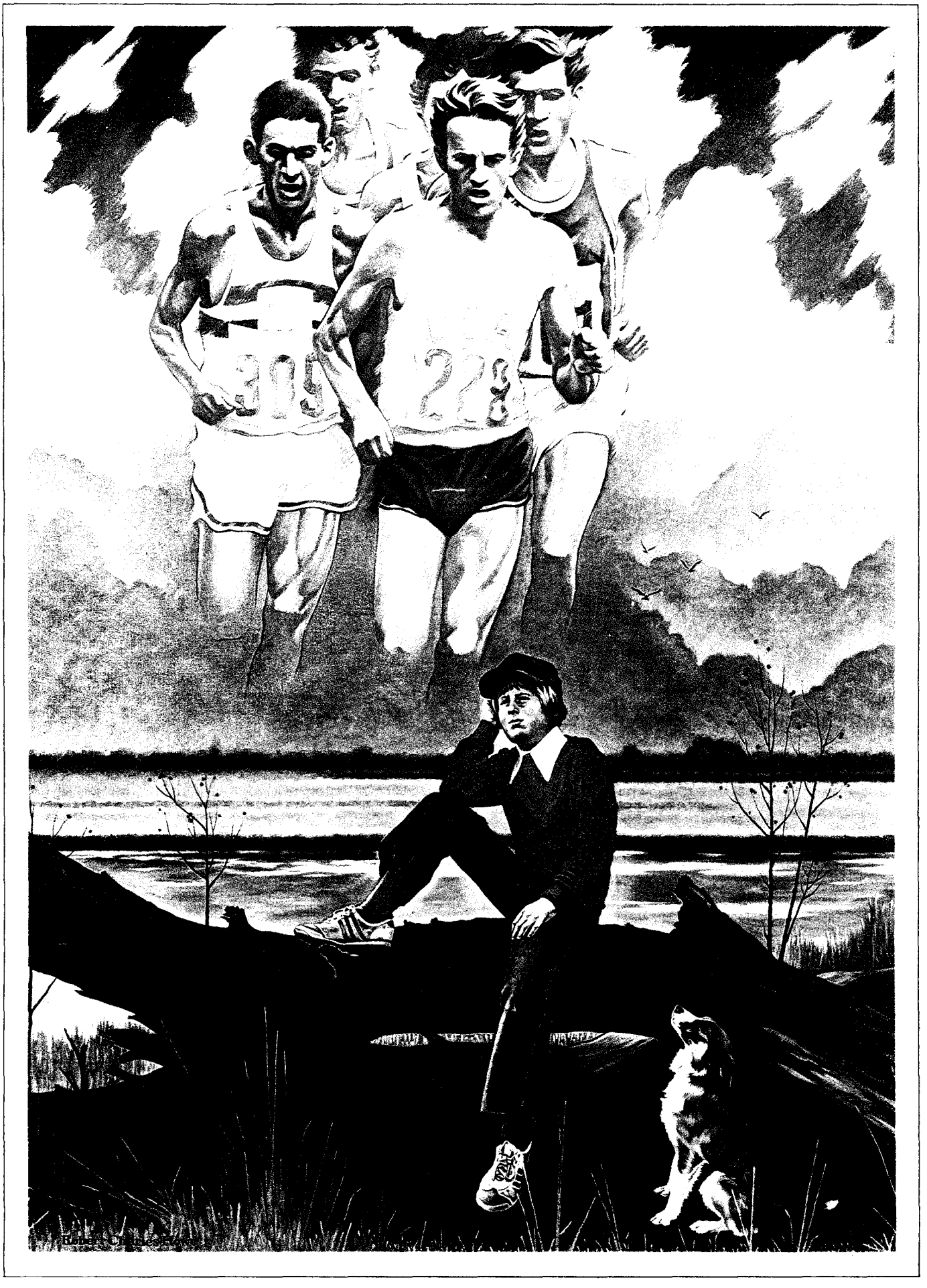

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Ivan the Terrible erected the Cathedral of the Intercession to commemorate his conquest of Kazan in 1552. Restored, it is popularly known as Saint Basil's.

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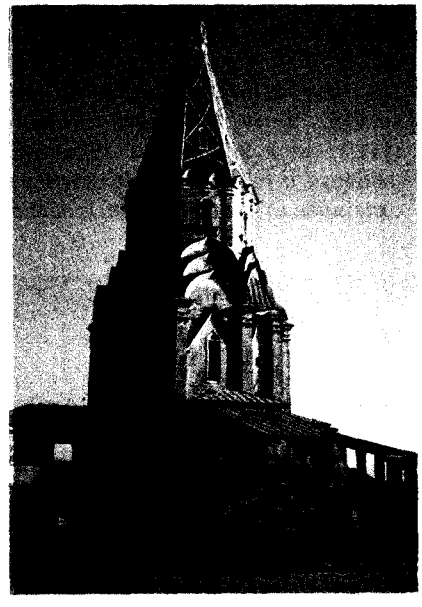
RUSSIA'S CHURCHES: WILL THEY SURVIVE?

In no country has the destruction and neglect of architectural monuments occurred on such a broad scale as in the Soviet Union.

by William C. Brumfield

"Art belongs to the people." So said the man who gave me the boat I needed to reach the Church of the Transfiguration of the Savior on the Nereditsa River, near Novgorod. His voice may have contained a trace of irony, or weariness with a fanatic who insisted on reaching a remote church in late November. Yet his words reflected a sentiment frequently expressed in the Soviet Union: Art belongs to the people, whose labor created and supported it.

Acting on the sentiment is another matter. Few countries are as attentive as the Soviet Union to the preservation of architectural monuments—probably none spends more for that purpose—yet in no country has the destruction and neglect of those monuments occurred on such a broad scale. In part, this devastation has a simple explanation: the Second World War. Although Moscow emerged unscathed, Leningrad, Kiev, Chernigov and Novgorod sustained great damage to churches, monasteries and palaces. Many of these structures have since been restored, at considerable cost; but the irreparable loss occurred at Novgorod, where three medieval churches on the western approaches to the city were destroyed by artillery fire during the German offensive toward Leningrad in 1941. For more than two years, the ruins lay unprotected, and though two of the churches have since been rebuilt (including the church on the Nereditsa), the frescoes that had covered their interiors can never be fully duplicated. The destruction at Nereditsa was especially regrettable, since the 12th-century frescoes there had not been overpainted in subsequent times and were almost completely intact. Now, our only record is a series of black-and-white photographs taken before the war.



In 1979, the Church of the Ascension (1530), in Moscow, was repainted white, covering the unusual rhomboid limestone pattern of the "tent" tower.

But however serious the wartime losses, the greater problem of architectural preservation in the Soviet Union lies within the system itself. Although many churches, palaces and estate manors have been designated architectural landmarks (including some 225 churches in Moscow alone), the state is unable, or unwilling, to preserve them all. The grand palaces around Leningrad and Moscow have been maintained in splendor for reasons of national prestige, and some of the country mansions in the Moscow area have been restored for use by various organizations. Most, however, have been abandoned or so poorly kept as to make their destruction inevitable.

The case of the Russian Orthodox Church, which formerly held title to thousands of buildings, is particularly complicated. The Church and its parishioners are allowed to contribute to the upkeep of churches still active, but the number of such churches has, until recently, continually decreased despite the persistence of religious belief in a significant part of the population. The containment of religion is a tenet of Marxist-Leninist ideology; and although the Church and state have achieved a very limited *modus vivendi*, there can be no question of either state or Orthodoxy maintaining the great number of churches that still stand—solidly built, most of them from the 17th and 18th centuries and each with an iconostasis (a screen containing tiers of icons and separating the altar from the rest of the church).

In the countryside, many churches were closed during the period of collectivization, and in the cities, during the 1920s and '30s, a number were razed for new construction projects or simply to create open space. Hundreds more were padlocked during the Khrushchev era. Now they are used as warehouses, offices, museums, clubs, archives—and many, perhaps most, stand empty. The art museums and icon-hunters have dismantled the iconostases (it's fashionable to have icons in your apartment these days). Many of these structures might have suffered inevitable neglect as the result of population shift from country to city, but the extent of the neglect can only be attributed to ideological and bureaucratic reasons. And there is no apparent resolution. The state is unwilling to allocate resources to restore anything other than major monuments or complexes, particularly those likely to bring in foreign

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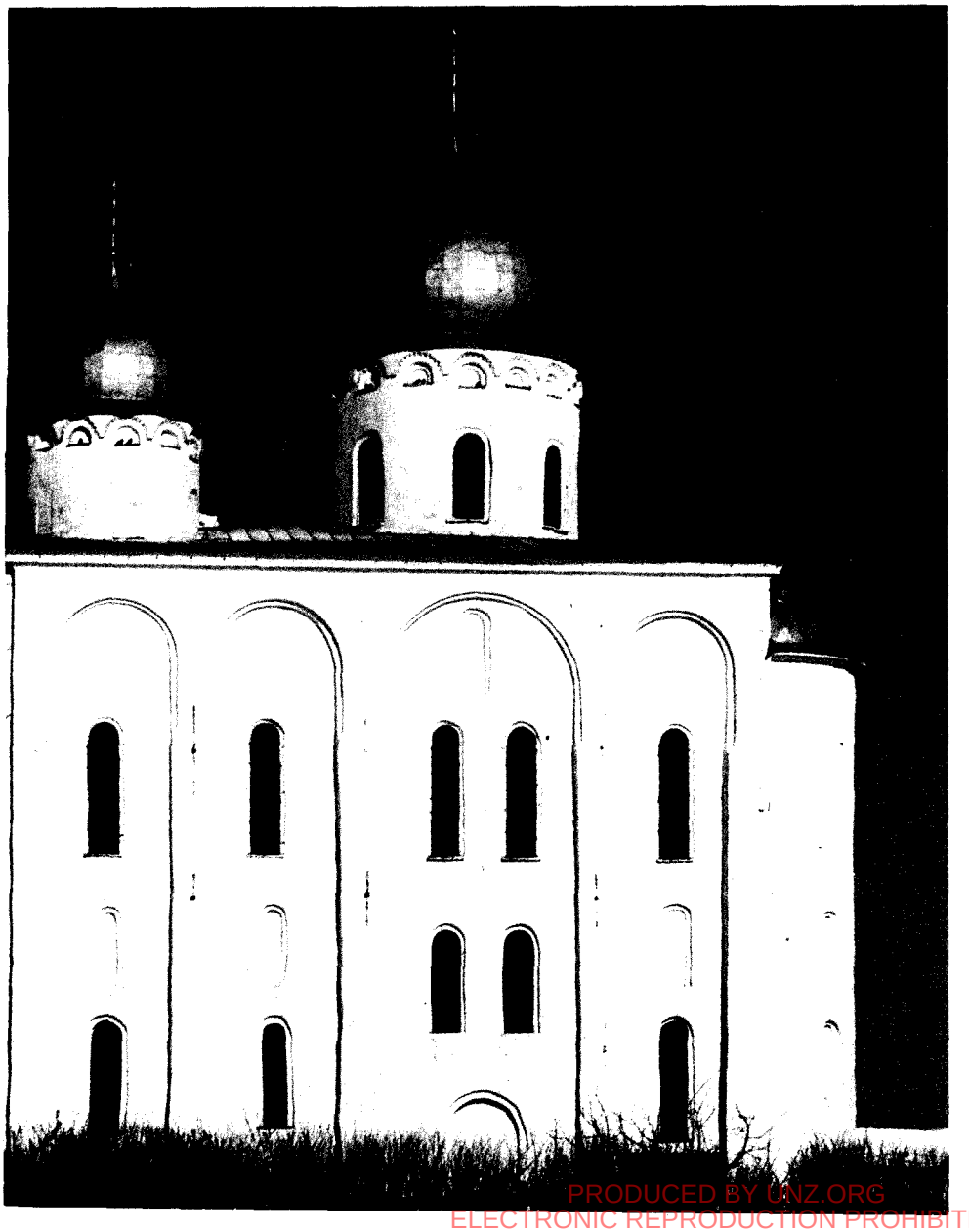
tourists; in the countryside, few institutions are willing to convert churches to their own use and pay for suitable maintenance; the Church itself is not permitted to expand the number of buildings under its protection; and private groups have little power to intervene. There is an influential society for the preservation of antiquities, but matters of restoration are generally left to official discretion.

What is the official policy? In 1976, the Soviet Union promulgated a law "on the Protection and Use of Historic and Cultural Monuments," which defines works of art within its purview and stipulates the responsibilities for their preservation and proper use. Article 18 states: "The restoration, conservation and repair of historical and cultural monuments are carried out only with the authorization and under the surveillance of state organs for the protection of monuments. The restoration, conservation and repair of monuments are carried out at the expense of the users or owners of the monuments and also with the funds of state organs for the protection of monuments." In theory, this is fine: All too many frescoes, icons and churches have been damaged by incompetent attempts at restoration. But state control over the process also means that many projects drag on for years while bureaucratic agencies determine what shall and what shall not be maintained. Art-historical criteria may be applied, but they offer no guarantee that a monument will be preserved and provide no means for assessing the local significance of an "insignificant" church.

Left and below: Cathedral of Saint George, Yurev Monastery, Novgorod (1117), with its colorful 19th-century paintings, is so striking, in its severe way, restoration to its original form is unlikely.



Still, when the system works, the results are often impressive. In Russia and the Ukraine, as well as in Central Asia, the Baltic republics and the Caucasus, the collaboration of scholar and craftsman has produced restorations that are not only ingenious, but historically and aesthetically sound. Ingenuity may, in fact, be the primary ingredient in working wtih monuments whose original contours have vanished beneath centuries of alteration and rebuilding. Frequently the restorer must decide which period in the history of a medieval church represents the ideal toward which to strive. Under such circumstances consistency is a luxury, and compromises are inevitably made.

In Moscow, the color of a monument is the source of endless argument, among restoration specialists and citizens alike. Most of the city's churches are built of brick and have been painted at one time or another in various bright patterns that emphasize their architectural detail. Which colors does one choose? At Saint Basil's the rule seems to be the more color the better, from whatever period, and the most recent restoration of the cathedral represents an amalgam of at least three different phases in the building's appearance. In a more remote part of the city, the recent whitewashing of

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the tsar Basil III's "tent" church at Kolomenskoe has provoked considerable controversy. Documentary evidence indicates that the church was indeed white in past centuries, and it is certainly impressive in this color, defining a monolith that can be noticed for miles. Yet the present coat obscures the fine rhomboid pattern of limestone on brick that decorates the church's massive tower, and which until recently was clearly visible. Happily, such changes are rarely permanent. A friend who had reason to know cautioned against undue concern: "In a few years, it will all come off."

The trip to the church on the Nereditsa was worth the effort. The sun came out briefly, highlighting the contours of a building that, 30 years ago, consisted of broken walls and rubble. It looked for all the world as though it had been there, intact, since 1196. ☨

William C. Brumfield's book, *God in Azure, One Thousand Years of Russian Architecture*, will be published next spring.

Left: The oldest (1031) extant Orthodox Church in Russia. Below, left: Destroyed in 1941, this church (1196) was rebuilt and a few of its frescoes recovered. Below, right: One of the wooden churches dismantled and reassembled at architectural preservation sites.

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EPCOT CENTER: DISNEY'S DREAM COME TRUE

Whether it's 100 years in the future or a million years in the past, the new "thinking man's" theme park can take you there and back.

by Annetta Miller

On the evening of December 14, 1966, Walt Disney lay in a Burbank, California, hospital, weakened by a cancerous growth in his lung. With his brother and confidant Roy Disney at his bedside, Walt seemed intent on discussing a project that had become an obsession in recent months: building an experimental city that would incorporate the best ideas of industry, government and academia worldwide.

His Experimental Prototype Community of Tomorrow (Epcot, as he had come to refer to it) would be a huge bubble-topped utopia, where the garbage would never need hauling, the thermostat adjusting or the grass mowing. Modern technology would be as warm and familiar as a favorite pair of slippers.

Disney's musings that night were to be the last words he would speak about his final and greatest dream. He died the following morning, December 15, 1966, of an acute circulatory collapse.

But 16 years later, Walt Disney's dream has become a reality.

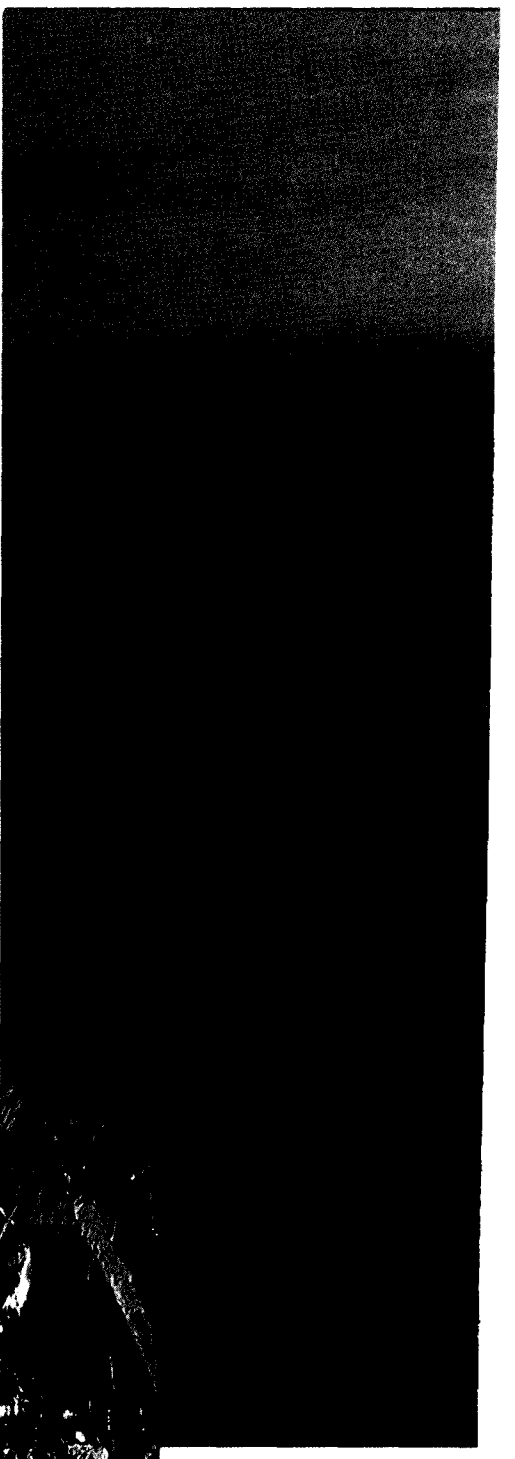
Epcot Center, the Disney organization's new 600-acre, $800 million theme park, is scheduled to open October 1 in Lake Buena Vista, Florida. Not the domed city Disney once envisioned—that idea was dismissed as impractical—its scope will be even more ambitious. Epcot offers the largest showcase of technology and exotica in the world.

Epcot is located just two and one-half miles north of Walt Disney World, and the two parks, along with all of Disney's on-site hotels, are connected by gleaming monorail.

Epcot is more than twice as large as its corporate cousin and has an identity all its own. Designed to appeal to more cerebral interests than does Disney World, Epcot has been dubbed "the thinking man's theme park."

While Disney World's emphasis will continue to be fun for fun's sake, Epcot will be fun for information's sake. Disney hopes to lure between seven and ten million new visitors to its gates each year by offering an educational as well as an entertaining experience.

Epcot will be divided into two major sections: Future World, a series of corporate-sponsored pavilions designed to show the technological advances of the next 25 or so years, and World Showcase, a collection of villages from eight nations.



Communicore (below)—where you can have a friendly chat with computers—is a collage of today's reality and tomorrow's dreams. At the African pavilion (far right) you'll go on safari.

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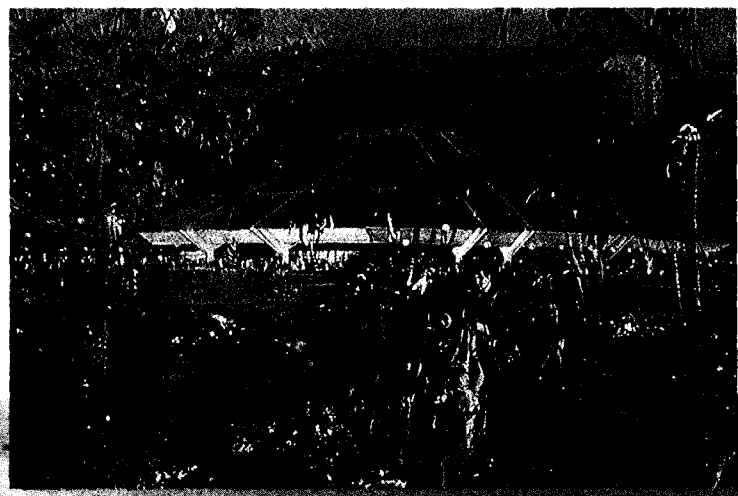
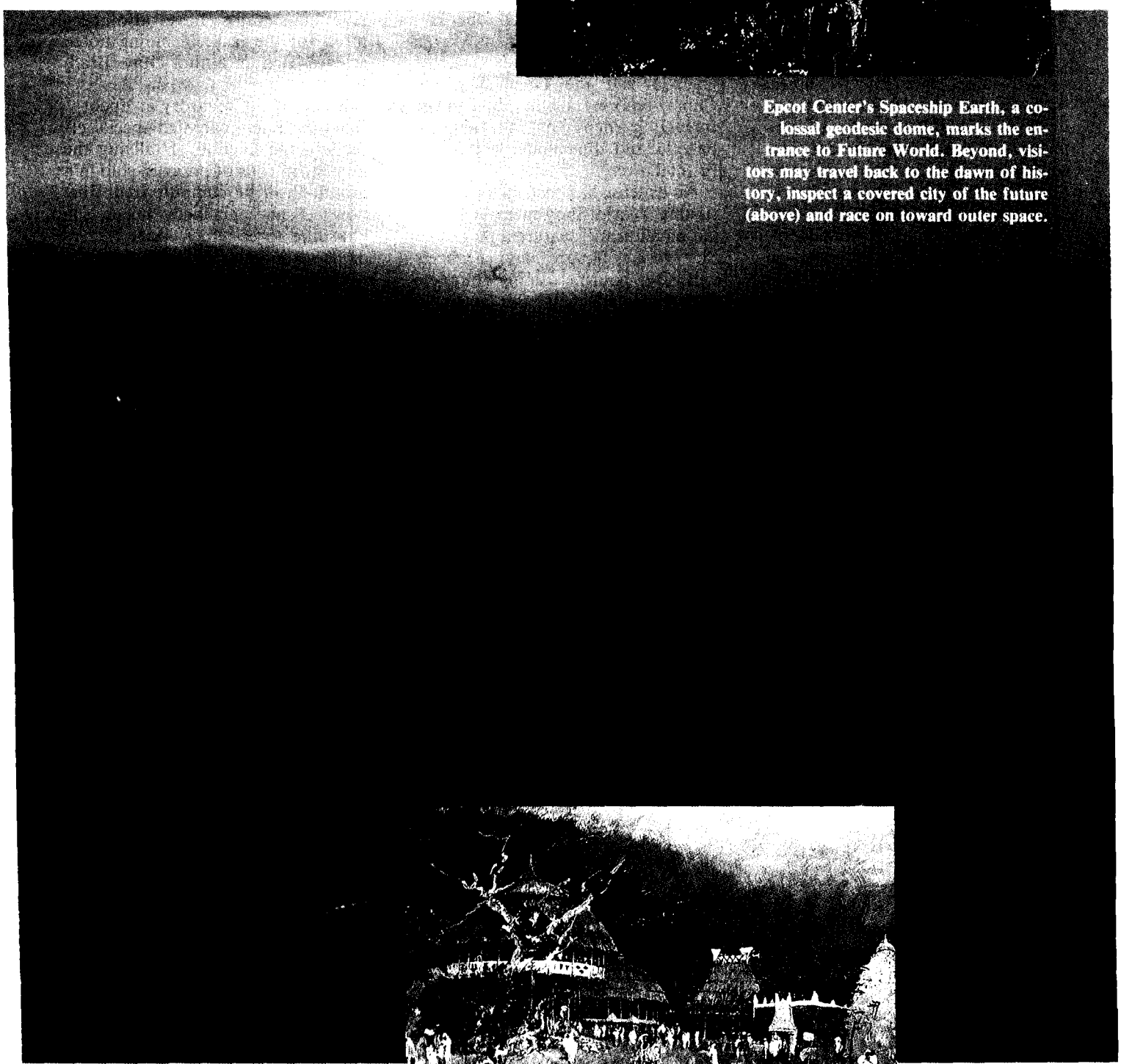
Upon stepping off the sleek monorail from the outlying parking lots, visitors will first encounter Future World's Communicore, a kind of space-age midway with shops and small technology-oriented exhibits. One display, sponsored by Sperry Corporation's Univac division, demonstrates how computers work and how they will run Epcot. Games—an American census quiz, a computer-aided design-a-





Epcot Center's Spaceship Earth, a colossal geodesic dome, marks the entrance to Future World. Beyond, visitors may travel back to the dawn of history, inspect a covered city of the future (above) and race on toward outer space.

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roller-coaster game and a talking robot—feature some of the industries in Sperry's target market.

Future World's pavilions, the next stop on a visitor's journey, are no less awesome than Communicore. They have attracted an elite conglomerate of corporate sponsors including General Electric, Bell Systems, Kraft, Exxon, General Motors, Sperry, Eastman Kodak, Coca Cola, AT&T and American Express.

Many feature "ride-through" exhibits, treating visitors to enough push-button, light-flashing, mind-stretching activity to power a small city. In "Spaceship Earth," for example, Epcot-goers will spiral through a silvery, 18-story geodesic dome while seated in small self-propelled vehicles. Under the darkness of the world's largest projection dome, they will see Earth as a spaceship adrift in a midnight sky.

Other pavilions offer more down-to-earth wonders. "The Land," an agricultural exhibit, provides visitors a chance to see everything from bananas to shrimp grown using aquaponics, hydroponics and other futuristic farming techniques. "The Living Seas," set to open in 1984, will transport them in small bubble-shaped vehicles to a 5.7 million gallon underwater colony.

Though the exhibits look toward the future, they do not forget the past. A diorama in the energy pavilion takes visitors riding in solar-powered theater seats back to the primeval forests that were the source of today's fossil fuels. There they will come face to face with a lumbering Audio-Animatronic brontosaurus who moves, breathes and even slobbers on the unsuspecting audience.

Disney's artistry takes on an international flavor in World Showcase, separated from Future World by a sparkling lagoon. Here, visitors may breakfast on tea and biscuits in England, follow roads leading to Rome, lunch in a Bavarian beer garden where it's always Oktoberfest, explore the marvels of a Mayan pyramid, cross the vast expanses of Canada and the Great Wall of China, relax by a blue pond in the formal gardens of a Japanese pagoda and dine under a moonlit Eiffel Tower.

No expense has been spared in designing World Showcase. The Italian pavilion will feature a replica of St. Mark's Square, and France's will offer gourmet dining complete with imported chefs. But probably the most impressive show will be in the Chinese pavilion, where viewers will be encircled by a 360-degree, multidimensional movie. Mongol horsemen galloping across the plains, a camel caravan traveling Marco Polo's silk road and a 396-foot-tall Buddah are among the sights featured.

Unlike Future World, World Showcase has received little financial support from private industry. Several countries have contributed financing; others have sent experts and products instead. But the Disney organization itself is footing most of the bill.

If Epcot's show is impressive, perhaps more so is the behind-the-scenes work required to produce it.

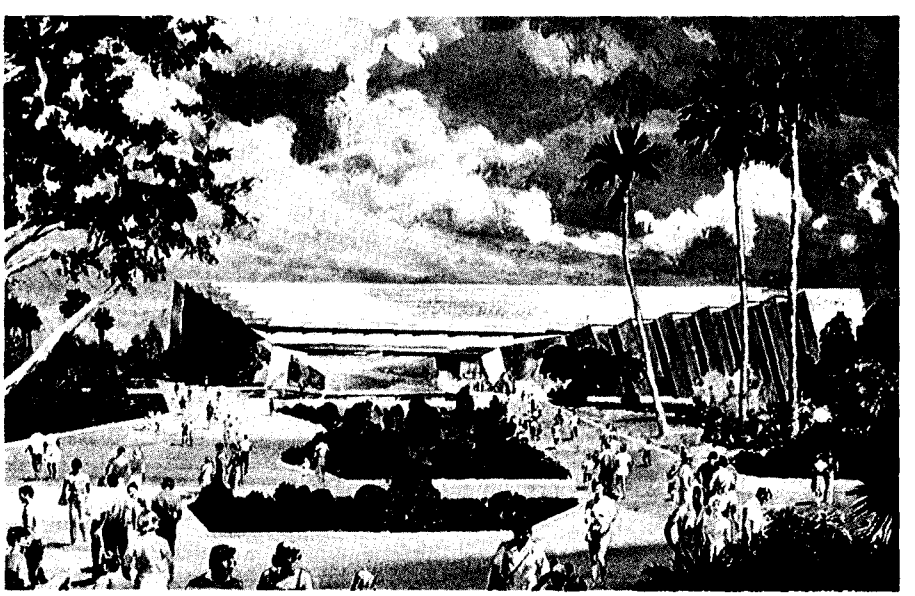
Engineering the creation of Epcot has been a staff of 1,800 artists, designers and engineers (Disney likes to call them imagineers) at Walt Disney Enterprises in Glendale, California. About 1,000 outside consultants have also been hired for the task, including noted science fiction author Ray Bradbury.

Much of the wizardry at Epcot—from the laser-generated special effects to the method of tallying the number of tons of popcorn sold in a month—will be computerized. Just how Disney planners create its ghostlike three-dimensional figures or its walking, talking characters is not open to discussion. ("It looks magical, and that is precisely why we don't talk about it," a Disney spokesperson says.)

Such is their attention to detail that even the sense of smell has been catered to. Disney designers have come up with ways to add appropriate scents to the displays, from the fragrance of orange blossoms in "The Land," to the whiff of an erupting volcano in the energy pavilion. To simulate the volcano's lava, the special-effects people had to create a substance that was not hot, yet glowed with fiery light and bubbled and congealed like the real thing. Everything was tested—from gelatin to a mixture of mineral oil and talc. The chemists finally came up with a proprietary blend they refer to simply as "orange goo."

Putting together the visionary Epcot has been a mammoth undertaking for Disney employees in both California and Florida. Its economic impact has been immense, especially in the Orlando-Lake Buena Vista area, where it has been influential in the growth of several new hotels and a $300 million airport terminal.

Epcot will not really be finished on opening day, however. Nor, in fact, will it ever be finished. As Walt Disney long ago envisioned, Epcot Center will remain in a constant state of evolution, with pavilions and exhibits that change as rapidly as mankind advances.



Using a multitude of dazzling effects, the Universe of Energy, sponsored by Exxon, will take visitors through the great geologic upheavals that trapped fossil fuels deep within the earth and on to examine the energy sources of the future.

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Gay

continued from page 26

the key to what links all of these patients together," Jaffe said. As of July 23, 469 cases of opportunistic infections and cancers had been reported to the CDC. More than half of them have come from the state of New York. In all, 24 states have reported cases. There have also been an additional 16 cases reported from eight foreign countries. There have been 180 deaths in the United States.

The lymphomas have been particularly deadly. They fall into a category called diffuse undifferentiated non-Hodgkin's lymphoma (DUNHL). All cases have been in homosexual men, and four were in the San Francisco area. Selma K. Dritz, M.D., MPH, assistant director of the Bureau of Disease Control and Adult Health in San Francisco's Public Health Department, said, "At least three of the cases appeared under the microscope to be Burkitt's lymphoma, one variety of DUNHL." Burkitt's is one of the few malignant tumors in man with a fairly solid tie to a virus (the Epstein-Barr virus). "Within ten months, there have been four cases of DUNHL in San Francisco as compared to only one during the preceding four years there," commented Curran. Jaffe added, "Of the eight patients with DUNHL, as of mid-July, four have already died."

The epidemic is primarily affecting homosexual men who are highly active sexually. It is well recognized that homosexual men have a much higher incidence of sexually transmitted diseases than the general population. The gay males have a high incidence of diseases such as gonorrhea and syphilis. They also have a much higher incidence of hepatitis, and recently, the incidence of a number of other viral and parasitic diseases has been on the upswing in the male gay community. Interestingly, the only group without a single case in the current epidemic of cancers and serious infections is homosexual women. "I think it is well recognized that the incidence of sexually transmitted diseases in lesbians is much lower than it is in gay men or heterosexual men and women. The importance of this finding is that it lends support to the theory that this is a sexually transmitted disease," Gottlieb explained.

Another possible explanation for the spread of the gay plague is that cytomegalovirus (CMV) may be playing an important role. CMV is a ubiquitous virus that usually produces symptoms similar to the ones experienced with a cold. "It is well recognized that this virus can suppress immune function—however, not to this degree," Gottlieb said.

One piece in the CMV puzzle is that there is some evidence of a link between it and Kaposi's. "Some have found CMV to be present in Kaposi's cells. While there isn't yet a direct cause-and-effect relationship, suspicions are high that the two are tied together," Gottlieb said.

Gottlieb expresses confidence that a solution to the mystery will be found. "Right now, I'd have to say that we're maybe three to five years away from it." In the meantime, Gottlieb and others, while worried, emphasize that no one knows whether or not the current epidemic will continue. "There just isn't any way to know whether next year at this time we'll be dealing with only a few hundred cases more than we have now or whether the total will be in the thousands," Jaffe said. "What I can say is that, as of now, there is no evidence to indicate that this is going away," Jaffe added.

Putting the current epidemic into perspective, Jaffe said, "More people have already died from this than from toxic shock syndrome and the Philadelphia outbreak of Legionnaire's disease combined."

According to Gottlieb, homosexuals in the Los Angeles area are

continued on page 84

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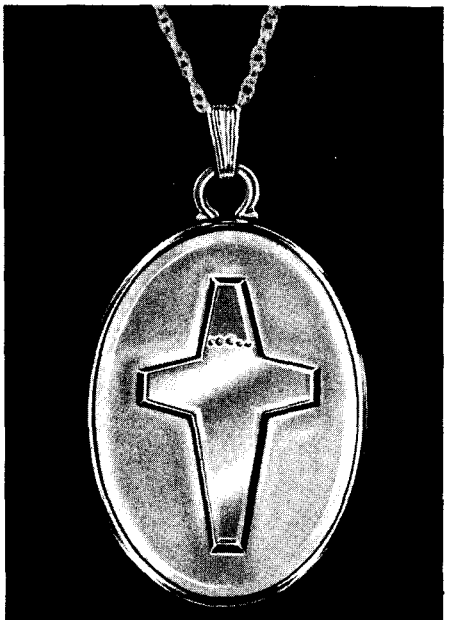

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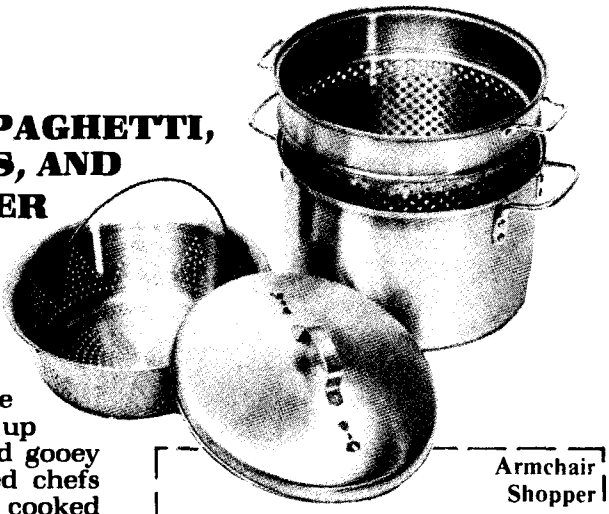

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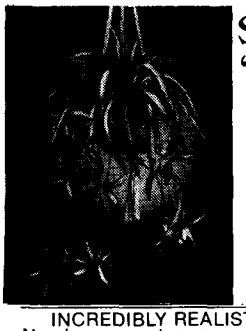

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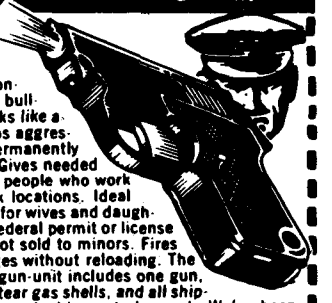

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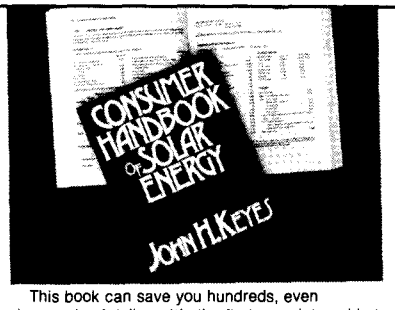

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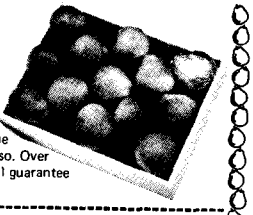

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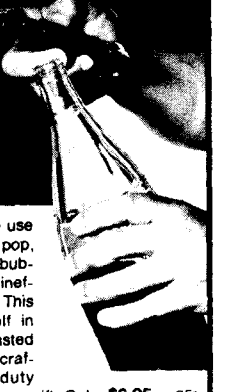

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ANTIQUE SHOPPE

No more than 20 years ago, a limited-edition print of *A Rainy Day in Frankfort*, by impressionist artist Paul Sawyier, sold for $20. If you had one of those prints today, you could ask $900 without fear of ridicule.

Batya Knapp, of Sotheby Parke Bernet, reports that in the past two years "naive"—or primitive—paintings have been selling in a range from $90,000 for a pair of portraits by Ami Phillips to $270,000 for *Garden of Eden* by Edward Hicks. Even the works of the unknown are bringing $2,000.

These figures leave no doubt as to why collectors are enthusiastic about the future of primitives.

For classification, William C. Ketchum, Jr., writing in *The Country Gentleman*, draws this comparison between the academic and a primitive artist: "The academic painter has been trained; he is aware of and employs perspective and color and size relationships in an attempt to create a faithful likeness of an object, person or scene. The folk artist, on the other hand, is not skilled in these techniques and is not really interested in them. He does not paint what he sees so much as what he remembers, using what has been called nonoptical vision; he puts down what he perceives to be the essence of the subject—the very thing sought by the modern abstract painter. Primitive or folk paintings are, therefore, likely to be flat, lacking in depth. Color is put on in blocks without much shading, and figures vary in size, depending upon the artist's feelings about their importance."

Paul Sawyier, who died in 1917, left some 300 primitive paintings. The Kentucky Historical Society selected five and made 5,000 reprints of each. When these were taken, at $20 to $50 a print, by Kentucky natives who saw themselves and their beloved region in his work, Paul Sawyier Galleries had reprints made of 50 or 60 others. Ten of these now fetch from $400 to $600 each in the collectibles market.

One has only to talk to Henry P. Birmingham, of The Country Art Folks, Centerville, Massachusetts, a fledgling dealer in primitive-art reprints, to catch the excitement currently pervading the world of folk art and limited-edition reprints. Not a little of his enthusiasm, it must be said, derives from the fact that The Country Art Folks is handling the work of Barbour Lee, an artist employing the unique technique of painting on layered birch wood and permitting the grain of the wood to lend authenticity to her work.

"Although we have been in the business only a year," says Birmingham, "we are truly elated at the response. Two of Barbour Lee's paintings have been reprinted, in a 14″ x 20″ image size, in limited editions of 2,000, which we are advertising in five magazines. We guarantee that when the 2,000 are sold, there will be no more."

Whether a gallery is a year old or has the established reputation of the American Art Company of Youngstown, Ohio, or B&J Art Design, Georgetown, Texas, one doesn't talk about primitive art long without talking about the "classical" primitive artist, Grandma Moses (1860-1961).

Louis Brumfield, a well-known writer and one of her ardent fans, compares her work to the Persian and Moslem paintings he found in the East. "In her early pictures [she started painting at age 78] she often painted crudely," he wrote, "but this defect could not stifle the overwhelming sense of her satisfaction in life and her adjustment to the immense scheme of creation itself. Grandma Moses. . .tells us that everyday life is good and amusing and filled with richness and variety and beauty, if we choose to find it."

What distinguishes the work of Grandma Moses, et al.—call it primitive, country or folk art—from more sophisticated styles is primarily this matter of perspective. Or lack thereof. Primitive artists, without training, paint, in a manner of

1936 THE CORNELL FARM; Edward Hicks; National Gallery of Washington; Art, Gift of Edgar William and Bernice Chrysler Garbisch

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1322 MAHANTANGO VALLEY FARM; Unknown American Artist; National Gallery of Art, Washington; Gift of Edgar William and Bernice Chrysler Garbisch

speaking, by the seat of their pants. The primitive artists of the '30s were itinerants, traveling the country, sketching crude portraits of anyone with a few dollars and an egoist's desire to see how the painter would delineate him. If they couldn't paint your portrait, they were equally willing to paint your front porch. One such artist painted a barber's portrait in exchange for six weeks of free shaves.

The world of primitive art didn't, or doesn't, of course, belong entirely to Grandma Moses. The 19th century witnessed a revival of religious enthusiasm that is particularly evident in the religious paintings of folk artists. *The Peaceable Kingdom*, painted several hundred times by Edward Hicks, is an outstanding example. In it, this naive sign painter expressed his Quaker convictions, his deep faith, love of peace and literal belief in the Bible. Hicks painted in the manner of most untrained folk artists; the forms are kept flat and the contours are clearly defined.

Paul Sawyier reprints, introduced at prices ranging from $5 to $50, have now escalated to $100, $200, $300 and more. The 1,000 reprints of his *A Rainy Day in Frankfort*, issued at $20, as previously noted, by the fall of '75 had gone to $300, in the spring of '82 carried a price tag of $725 and currently sell for $900.

If in your excitement to discover a Sawyier, a Moses or a Hicks at the flea market, the auction or in your Aunt Nellie's attic, however, you should come upon a primitive work signed by Joseph H. Hidley, Emma Cady, Charles Demuth, John James Audubon (the greatest bird painter in the Western world), Charles Willson Peale, Chester Harding or William Prior, run, don't walk, to the nearest art dealer. Chances are you'll be driving home in a Rolls, with meter money left over.

Should the price of the print be too much for your budget, don't despair. Prints of primitive artists still may be had for $20. And who can look 10 or 20 years into the future and predict what the price of, say, Barbour Lee's *Election Day* or *Country Market* or *Airing the Quilts* (already in limited inventory) will be?

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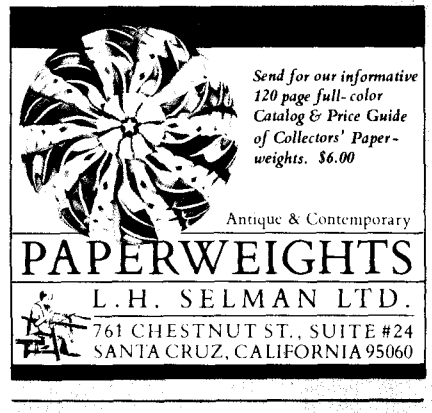
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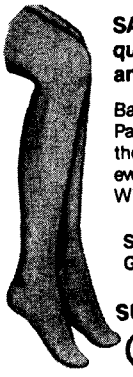

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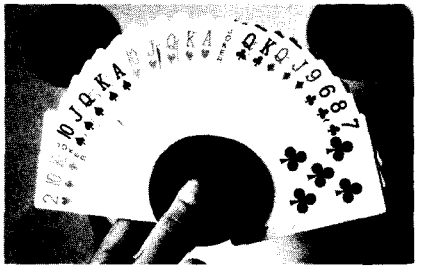

out, the others stay in! Fun for everyone. Set of four card holders, $4.50 plus 85¢ p&h; two sets $8.50 plus $1 p&h. Holst, SP-1082, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Fight backache

Firm your old or oversoft mattress and help banish backache miseries. This Portable Folding Bed Board is

a full 5′ long and folds into four sections. Provides firm back support. Cot size or one side of double bed, $12.95. Twin-bed size, $16.95. Better Sleep, Inc., Dept. NT-10, New Providence, NJ 07974.

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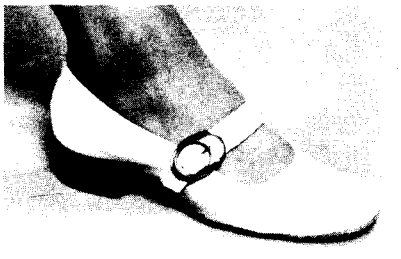
Shoes of genuine glove leather combined with an elasticized throat and



buckled adjustable strap. White, bone, camel, black, navy or red. Combination full/half sizes 6-10½ N/W, 5-10½M. $23.95 + $1.95 p&h. Old Pueblo Traders, Dept. PS0DD, 3740 E. 34th St., Tucson, AZ 85713.

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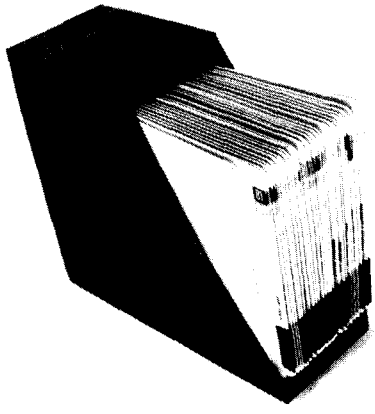
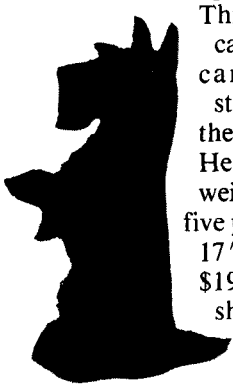


easy instructions, reorder form and 90-day guarantee, $25 ppd. Complete Home Organizer, Dept. L, P.O. Box 1784, Duxbury, MA 02332.

Scottie doorstop



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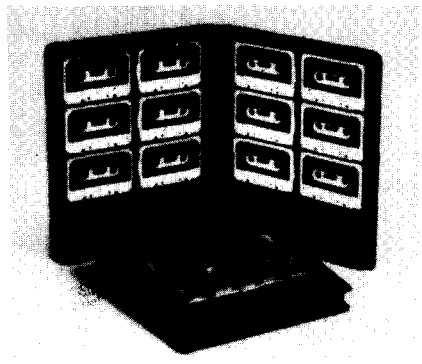

Scourby. As an introductory offer to *Post* readers, it's available for only $29.95, plus $2 p&h. Money-back guarantee. Neva Products, Inc., P.O. Box 1700, Tampa, FL 33601.

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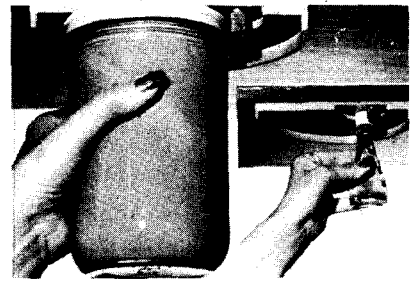

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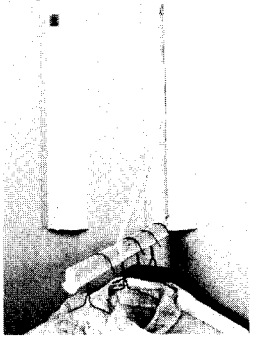

neat 18" x 4" wall mount. Great for apartments, mobile homes, boats, dorm. $7.95 + $1.45 pp. Holst, Inc., Dept SP-1082, 1118 West Lake, Box 370, Tawas City, MI 48763.

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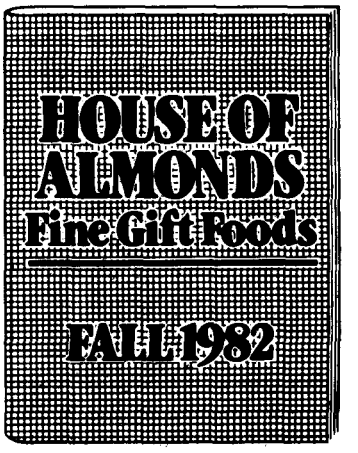
More than 100 gift foods are displayed in the 1982 House of Almonds catalog, offered free to *Saturday Evening Post* readers.



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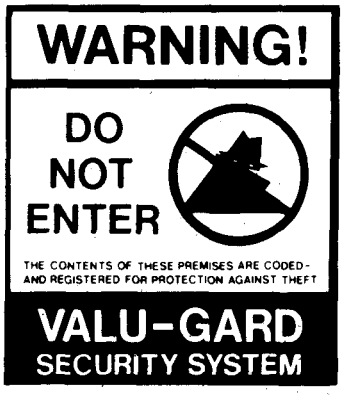

engraving tool; decals; property record forms; helpful hints; and feather-grained wallet for important documents. Send only $6.95 + $.85 p&h. (IL residents add 6% tax.) Valu-Gard, 1500 Old Deerfield Rd., Highland Park., IL 60035.

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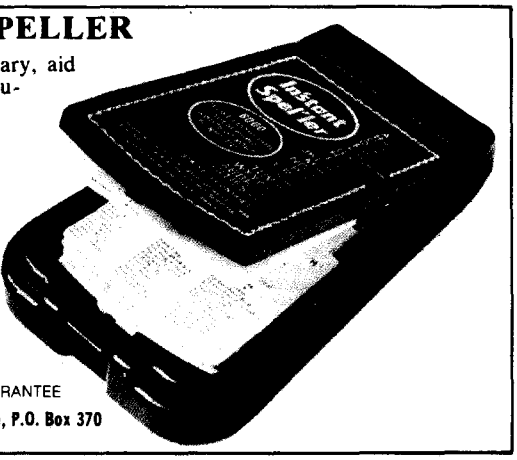

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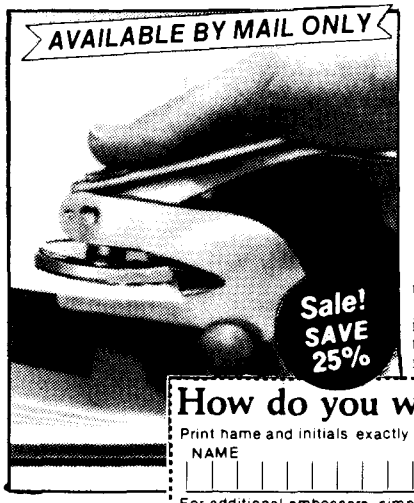

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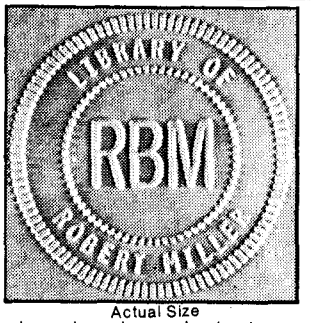

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Gay

continued from page 73

aware of AIDS and are frightened by it. Dritz added, "I don't think there is a panic, but many gay males have told me that they are reducing their number of sexual contacts."

A man we'll call John, a 33-year-old gay living in San Francisco, said, "Sure I'm frightened. But there isn't much I can do about it. That's the scariest part; you just sit around hoping you won't be next."

Dritz said that many of the patients she's interviewed, as well as gay men she's talked to who don't have AIDS, have told her they're frightened. "They say they're worried, and some say they're doing little more than staying home and watching television."

"The tragedy being experienced by the victims of AIDS, their families and friends is enormous," Gottlieb said. "But," he added, "there may be a silver lining to this cloud. Once we understand the cause of AIDS and how it leads to cancers, we will have made an important breakthrough in cancer research. We have always thought that there is an immunologic and/or a viral link to at least some cancers. This disease may provide us with one of the important keys everyone has been searching for."

Heart Attack

continued from page 51

This trial is an important piece of medical research. It provides strong evidence that a practical, easily adopted lower-saturated-fat diet will work to reduce the development of cardiovascular disease even when used for as short a period of time as five years. These men also reduced their cigarette consumption more than did the control men, but it was estimated that this could be responsible for no more than 25 percent of their decrease in heart disease. These men were all at relatively high risk because of their high cholesterols—but their cholesterols were no higher than found in many of us.

Risk of High Blood Cholesterol

The results of this study introduce us to the second major risk factor for premature cardiovascular disease—an elevated blood cholesterol. The risk may be more common than ordinarily thought, because most Americans may have too high a level of cholesterol, even though it's not above what is considered "normal."

This discrepancy is highlighted by comparing the "normal" serum cholesterol values in the population of South Japan and East Finland. The average level in the Japanese is about 140, whereas it's twice as high, almost 300, in the Finnish people. What is significant about these figures is that the death rate from coronary heart disease in Finland is the world's highest, almost 900 per 100,000, whereas the Japanese have the world's lowest, 102 per 100,000. In the U.S., the average serum cholesterol is halfway between these, and we have a mortality rate from heart attacks of 670 per 100,000.

These figures suggest that our current epidemic heart disease may be related to a "normal" serum cholesterol that is actually abnormally high.

Can you name this photo?

. . . *contest:* $100 to the author of the winning caption for this photo. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, SatEvePost, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by September 14, 1982.

Our congratulations and a check for $100 go to John T. Jones, Jr., of Theodore, Alabama, for the winning entry in our July/August photo-caption contest.

"I'm proud of the red, white and blue.
My four-legged sidekick is, too.
I'd wave my flag high
On this Fourth of July,
But my pants will fall down if I do!"

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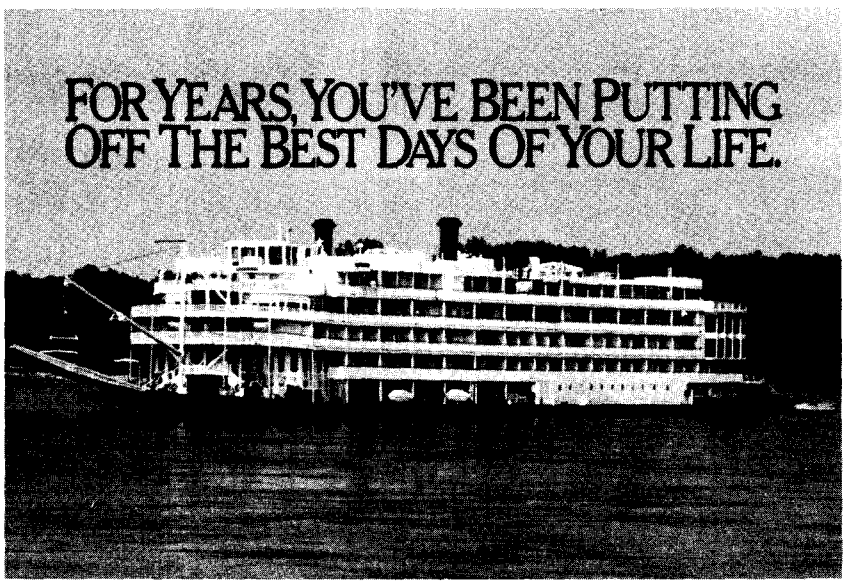

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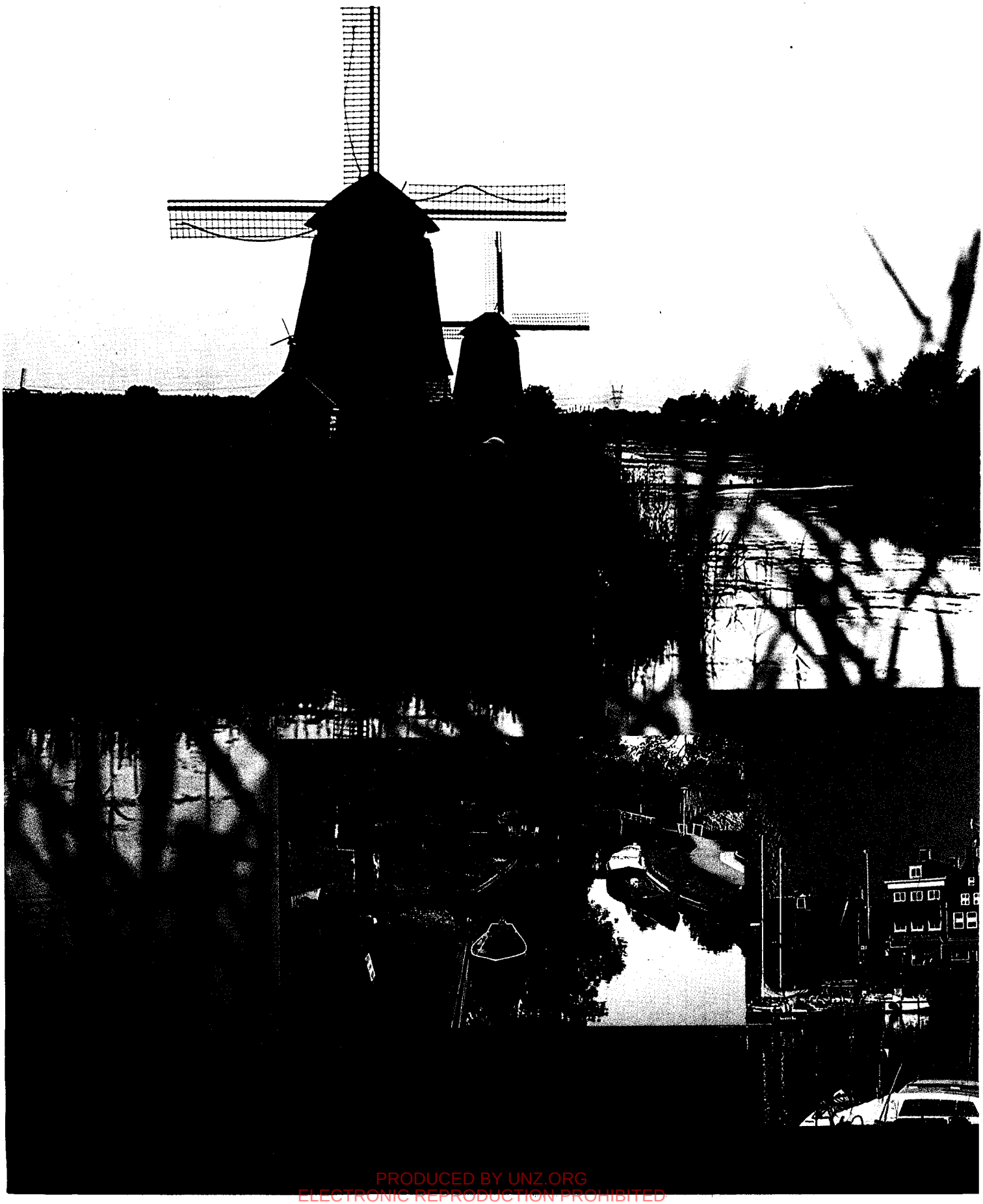

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Waterpoort tower, astride a bridge in Sneek, was once part of the town's defense system.

HOLLAND ON TWO WHEELS

A bicycle tour through the land of tulips takes you to quiet towns where cars can't go, where you can stop on a whim for applecake and whipped cream or a chat with the friendly Dutch.

by Marie Bruggeman

Photos by Amy SerVaas

Our bicycle tour of Holland, affectionately nicknamed "Bike the Dike," began with a KLM Royal Dutch Airlines flight to Amsterdam. I was a little bit nervous about taking a bicycle tour of Holland, but after our English-speaking guide met us at Schiphol Airport and took us to Amsterdam, I put my fears to rest. Holland is a biker's dream. Special bicycle paths cover Holland, and bicyclers even have their own traffic signals. From the businessman in his suit, to a young woman in high heels and a mini-skirt, most of the Dutch own bikes and use them. In fact, in Holland, bicycles can be the easiest way to get to work and the most pleasant way to sightsee.

A boat cruise on Amsterdam's canals gave us a relaxing and informative introduction to the city. Along the canals, we saw a variety of the facades and gables for which Amsterdam is famous. Our guide explained that, because homeowners were charged taxes according to canal frontage, they built very narrow houses with elaborate gables. Amazingly, Holland's narrowest house is only as wide as its front door. Also along the canals, and in sharp contrast to the gabled houses, there are almost 3,000 houseboats ranging from luxury liners to refinished barges.

The following day, we visited a few of Amsterdam's 6,000 historical monuments. Most interesting was a visit to Anne Frank's house. We saw the house as it was when Anne and her family hid from German troops between 1942 and 1944. A small hinged bookcase leads to the upstairs hideaway. In Mr. and Mrs. Frank's bedroom, a map of Normandy marks the Allies' progress. Right beside the map, faintly visible, are lines charting the growth of the Frank children. In Anne's bedroom, pictures of her favorite stars are still pasted on the wall. You can see the intimacy of a young, frightened girl writing her diary in her bedroom.

We began our third day with a hearty Dutch breakfast of various breads, meats, cheeses and a soft-boiled egg. I didn't feel guilty about indulging myself, because it wouldn't be long until I put my legs to the test. At first sight, our bikes looked friendly. They were brand-new, sturdy three-speeders with bike seats as comfortable as they can be. We adjusted our seats, pumped our tires, checked our brakes and began bicycling.

A van followed behind carrying our luggage, and we had nothing to

The Holland promised in travel folders is the Holland you see, including the "water village" of Giethoorn (lower left), its boats (center) and the red brick road for bikers to follow.

Lobl

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worry about. Well, almost. Not too far along our trail, we encountered our first obstacle—a flat tire. However, this did not prove to be much of a problem. Almost instantly, some Dutch children appeared with their bicycle repair kits in hand. After our slight delay, we continued biking north along canals, past quiet farms. On our way, we saw numerous windmills. We were told that the position of the blades can indicate a wedding, birth or other important family occasion.

The writer's favorite among the many pleasant interruptions on the "Bike-the-Dike" tour was the sidewalk stop to shop for wooden shoes.

Holland was made for two wheelers. Its network of special cycle paths, which even has its own traffic-light system, is literally "a biker's dream."

Later in the day, we came to the Afsluitdijk. This 19-mile dike, an engineering wonder, transformed the Zuiderzee into a freshwater lake now named Ijsselmeer. Stopping at a cafe and lookout tower along the dike, our guide explained that the Dutch have been reclaiming land from the sea since the 12th century. Without 2,000 miles of dikes and sand dunes, much of Holland would be flooded. It was hard to believe that the land we were standing on used to be below the sea.

Crossing the dike took us to the northern province of Friesland. Friesland is a proud province, with its own culture and language. This area is famous for its black-and-white cattle and its cheese. In addition to the beauty and quietness of the area, one notices the unique construction of the farm houses. The "head" of the house is where the family lives, the narrow "neck" of the house is where the kitchen is, and the large "body" of the house is where the animals stay.

We spent the night in Harlingen after biking a total of 30 to 40 miles. I was happy to see that my legs felt fine, and I was actually looking forward to the next day of bicycling.

The following day was Sunday, and riding through Friesland on a Sunday, you feel as if someone has stopped the hands of time. Cars are nowhere to be seen, and the towns are deserted. That evening, in the town of Sneek, we were fortunate to see the sunset over the Waterpoort, a picturesque watergate built above a bridge and flanked by two towers. A major attraction in Sneek, the watergate has graced the cover of more than one travel brochure. The area surrounding Sneek is well on its way to becoming a water-sports center in Europe. Thus, bicycling our fifth day was especially enjoyable. We passed several lakes and waterways crowded with yachts, sailboats and windsurfers.

Day number six of our tour found us bicycling through forests and along canals. Taking advantage of the flexibility biking offers, we had a picnic lunch. After lunch, we stopped for a refreshing swim.

Our final evening was spent in Giethoorn, a village with no streets. Everyone travels by canal—including the cows that go to and from pasture by boat. Sitting by a canal in Giethoorn, it is hard to believe that the main highways and cars are only miles, not years, away.

Heading back to Schiphol Airport in Amsterdam by van gave us a chance to reflect on the advantages of bicycling. We had stepped back into quiet villages and farms, traveling at a relaxed pace. We had gone where cars can't travel, stopping on a whim for applecake or a chat with the ever-friendly Dutch. We could have easily spent more time exploring Holland: the canals, the bicycle paths, the flowers, the farms, the museums and so much more.

For more information about bicycle tours in Holland you can contact International Bicycle Tours, Inc., 12 Mid Place, Chappapua, New York 10514, (914) 238-4576.

Sightseeing by bike allows for casual stops for a close-up look at Frisian cows or the monument to dike builders at Afsluitdijk without a tour bus driver blowing his horn.

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James W. Anderson, M.D.
University of Kentucky School of Medicine, Lexington, Kentucky.

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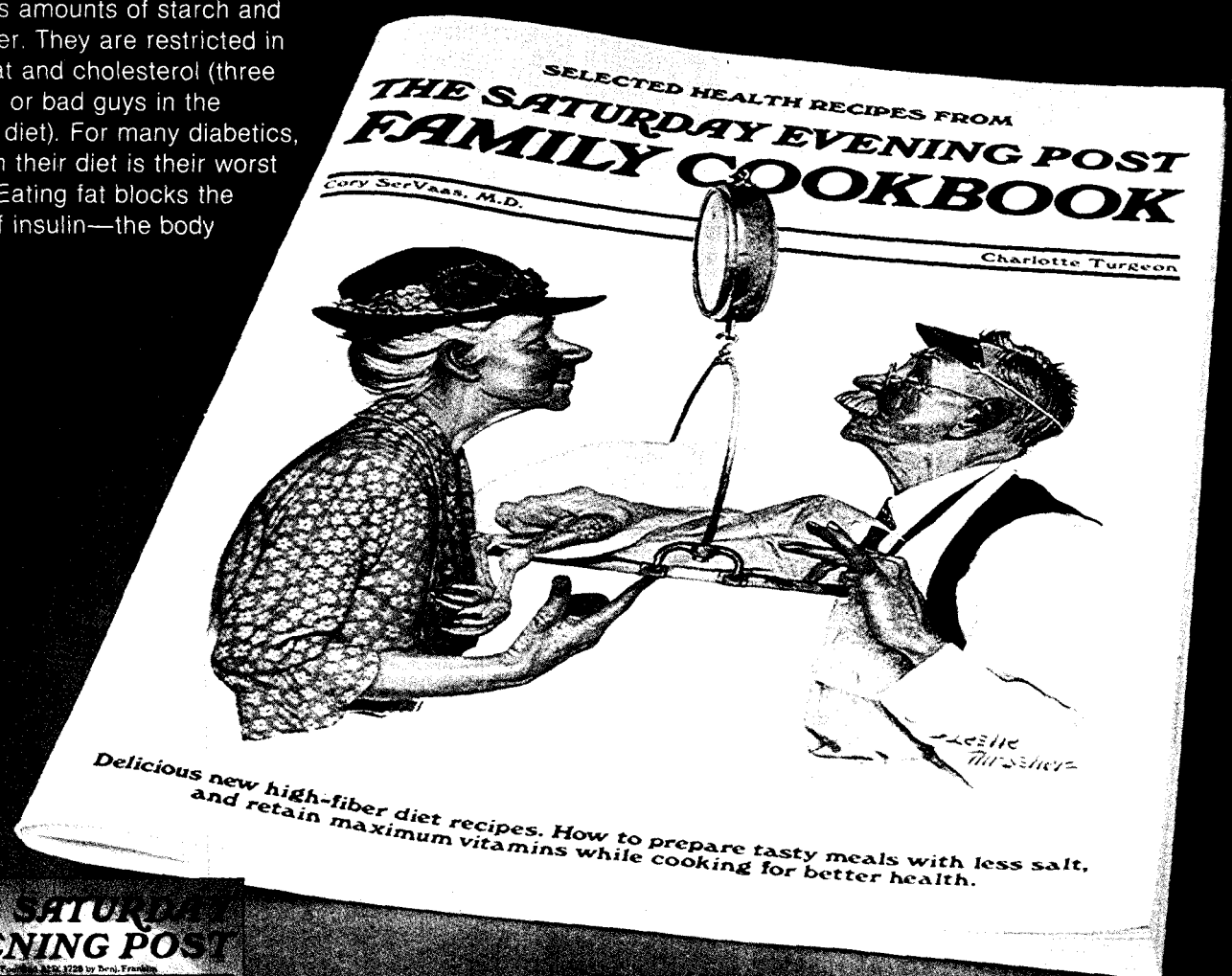
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FOOD

POTATOES: THE HEALTH FOOD WITH A PEEL

You need not dig very deep to uncover the nutritional virtues of nature's most edible staple.

by Frederic A. Birmingham

There is no need to recall to any housekeeper the enormous versatility of the potato. Baked, riced, pan roasted, steamed, French fried, mashed, home fried, cut into strips or diced, potatoes are the perfect partner to the entree—or can even serve as a main course, so delicious are they. They have a place in stews, soups, salads, casseroles, pies, breads, in the favorite form of chips, eaten raw and, at the lower end of their role of usefulness, even as a source of whiskey, which is not a recommended way to enjoy a drink.

There's a growing tendency to shy away from the potato because it "puts weight" on us in these weight-conscious days. But this often-held assumption is false, as we shall show. What actually is putting the weight on us is the *way* we are serving the potato; it's not the vegetable itself. We take this marvelous food, so delicious by itself, and drown it in rich gravies and sauces. We prepare rich casseroles, creamed fishes, meats or fowl and package them in a collar of mashed potatoes before browning them under a sprinkling of cheese and melted butter—not to mention potato salads, enriched with great globs of cream and mayonnaise. They taste wonderful, goodness knows, but goodness knows they put the weight on, too. So let's not blame the poor potato for these crimes. Let's learn how to use this wonderful food, just as deliciously but far more wisely, in a proper diet that will not harm our health.

A medium-sized potato by itself has only about 100 calories, fewer than equal weights of such diet-accepted foods as pears, bananas and even bran flakes!

So now that we have banished that calorie bugaboo, let's get on to nutrition itself, which is where the potato moves up to the head of the class, according to recent scientific research. A 90-calorie baked potato will provide you with one-third the vitamin C you need every day, plus contribute to your vitamin B-1, niacin and iron needs. In addition, the potato provides important carbohydrates, which ought to be the body's most important energy source.

Food	Serving Size	Calories
The Potato		
Baked	1 med.	100
Boiled	1 med.	100
Chips	10	110
French fries	10	110
Mashed with milk	¾ cup	100
Apple	1 med.	80
Cottage cheese, creamed	½ cup	130
Hamburger patty	3 oz.	270
Low-fat milk	1 cup	150
Noodles	1 cup	200
Orange juice	1 cup	110
Rice	¾ cup	170
Spaghetti	1 cup	160
White bread	1 slice	70
Yogurt, plain	1 cup	120

The potato is one of our most important sources of complex carbohydrates, often lacking in the American diet, and even contains valuable supplies of such essential trace elements as manganese, chromium, selenium and molybdenum. What's more, wonder of wonders, the potato, although about 80 percent water and actually far less filling as a result than you'd think, can add to the overall fiber intake of the body, which is so vital to good digestion. An average serving contains about 10 percent of a desirable daily intake of fiber!

Nutrient	Serving Size (5.3 oz.)	Potato Nutrition
Calories		100
Fat		0 grams
Carbohydrates		22 grams
Protein		3 grams
Nutrient	**Serving size (5.3 oz.)**	**% RDA (Est. '73)**
Vitamin A	Trace	—
Vitamin C	21.43 mg	35%
Thiamin	.061 mg	4%
Riboflavin (B2)	.049 mg	2%
Niacin	1.76 mg	10%
Calcium	14 mg	•
Iron	2.7 mg	10%
Vitamin B6	.352 mg	20%
Folic Acid	29.8 mcg	8%
Phosphorus	78.31 mg	8%
Magnesium	39.7 mg	8%
Zinc	.524 mg	4%
Copper	.245 mg	10%
Iodine	.035 mg	15%

To calculate nutritional value of a 250-gram potato (a typical baking potato), multiply values given by 1.6.

During cooking, preserve the good nutrition of the potato by following these guidelines:

*Cook potatoes whole in their skins whenever possible.

*When boiling potatoes, use as little water as possible—about one inch—to prevent loss of nutrients. Use a saucepan with tight-fitting lid so water won't boil completely away during cooking.

*To steam potatoes, place a wire rack in the bottom of the saucepan, and add water to just below the level of the rack so potatoes cook above, not in, the water.

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If your cooking plans dictate that you skin the potato, be sure to peel it as close to the skin as possible. This leaves many of the special nutrient qualities of the skin in the meat of the potato. This valuable part of your diet can be lost if you peel your potatoes too deeply. Peeled potatoes turn dark if not cooked right away. To protect their whiteness, toss them with an ascorbic-acid mixture or a little lemon or lime juice. Prolonged soaking in cold water is not recommended as it can result in some vitamin loss.

When it comes to serving boiled, baked or mashed potatoes and you want to avoid those dollops of butter and waves of rich gravies and sauces that add so many calories to the potato, here are a few recommended trim tater toppings:

* A shower of dill seeds;
* Whipped butter (if you just *can't* get around that taste—it's lighter than the regular) and a dash of toasted sesame seeds;
* A mound of slivered pimiento and sliced green onions;
* A spoonful of chopped tomato and grated Parmesan cheese;
* Chicken broth;
* Melted margarine and a squeeze of lime;
* Shredded zucchini marinated in low-calorie dressing;
* Grated cheddar cheese dusted with chili powder;
* Yogurt;
* A scoop of cottage cheese with a sprinkling of basil;
* Hot skimmed milk;
* Chopped onion with coarsely ground pepper and grated lemon peel;
* Wheat germ;
* A dollop of yogurt spiked with cayenne pepper and chopped cucumber.

Garden Soup
(Makes 8 servings)

1 medium onion, chopped
1 tablespoon diet margarine
3 medium potatoes, peeled and diced
2 medium carrots, peeled and sliced
1 medium stalk celery, sliced
2 tablespoons chopped parsley
4 chicken boullion cubes
Dash pepper

In large, heavy, nonstick kettle or Dutch oven, cook onion in margarine. Add remaining ingredients and 5 cups water. Cover and simmer 40 minutes or until vegetables are tender. Serve as is, or puree in an electric blender and reheat.

Twice-Baked Potatoes, Cottage Style
(Makes 8 servings)

4 medium potatoes
1 cup low-fat cottage cheese
½ cup skim milk or buttermilk
1 tablespoon minced onion
Dash pepper
Paprika
Dried parsley flakes

Gently scrub potatoes under cold water with vegetable brush to clean. Pierce each potato in several places with tines of fork. Bake at 400 degrees for 45 minutes or until tender. Cut hot potatoes in half lengthwise. Scoop out potato, leaving skins intact for restuffing. With wire whisk, beat potato with remaining ingredients except paprika and parsley flakes until fluffy. Pile mixture back into skins. Sprinkle with paprika and parsley flakes. Bake 10 minutes more or until just golden.

Skinny French Fries
(Makes 8 servings)

4 medium potatoes, peeled and cut in strips
2 tablespoons salad oil
Paprika

While cutting potatoes, keep strips in bowl of ice water to crisp. Drain and pat dry on paper towels. Spread strips in one layer on jelly-roll pan. Sprinkle wth oil. Shake pan to distribute oil evenly over potatoes. Bake strips at 450 degrees until golden brown and tender, about 30 to 40 minutes, turning frequently. Sprinkle generously with paprika.

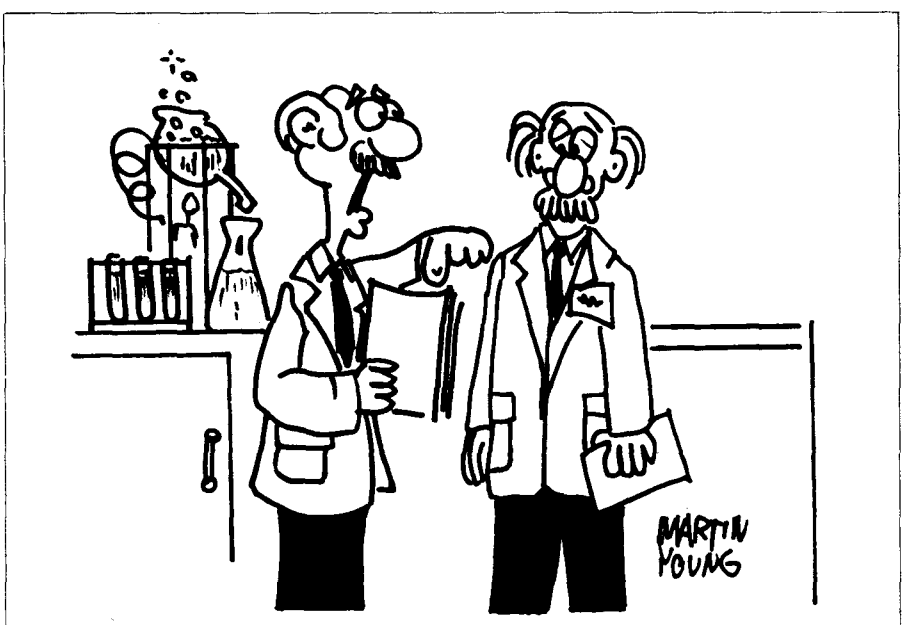
Beef and Potato Salad
(Makes 4 servings)

1 pound cooked lean beef round, well-trimmed
3 tablespoons wine vinegar
2 tablespoons sherry
1 tablespoon catsup
½ teaspoon prepared mustard
2 medium potatoes, peeled, cooked and cubed
¼ cup sliced fresh mushrooms
¼ cup plain yogurt
Lettuce leaves

Cut beef into ½-inch cubes. In large bowl, combine beef, vinegar, sherry, catsup and mustard; marinate for two hours in refrigerator, stirring occasionally. Add potatoes, mushrooms and yogurt. Toss gently to mix well. Chill. Serve on lettuce leaves.

Apple Crisp
(Makes 4 servings)

2 apples, peeled and sliced
⅓ cup potato granules
3 packets granulated sugar substitute (equivalent to 2 tablespoons sugar)



"We have the lab report on that orange soil the guys found on the moon. It's Tang!"

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3 tablespoons brown sugar
¼ teaspoon cinnamon
1 tablespoon diet margarine
Arrange apple slices in nonstick 8-inch square baking pan. In small bowl, combine potato granules, sugar substitute, brown sugar and cinnamon. With pastry blender or 2 knives used scissor-fashion, cut in margarine. Sprinkle mixture over apples. Bake, uncovered, at 375 degrees for 25 minutes.

Trim Tuna Hash
(Makes 4 servings)

1 tablespoon diet margarine
2 cans (6½ or 7 ounces each) water-packed tuna
2 cups cooked diced potatoes
½ cup chopped onion
3 tablespoons chopped pimiento
1 can (7¾ ounces) chicken gravy
1 teaspoon celery seed
Dash pepper
In medium nonstick skillet, heat margarine. Meanwhile, in medium bowl, combine remaining ingredients. Spread tuna mixture in skillet and cook 15 minutes until browned on one side. Turn over and cook 15 minutes more until heated through and browned on other side.

Tater-Stuffed Mushrooms
(Makes 30 stuffed caps)

1 pound large mushrooms (about 30)
¾ cup mashed potatoes, made with skim milk
¼ cup low-fat cottage cheese
2 tablespoons dehydrated onion soup mix
½ teaspoon diet margarine
Wash mushrooms, carefully removing stems. Set aside tops. Chop stems. Combine chopped stems with remaining ingredients except margarine. Spoon into mushroom tops. With margarine, grease bottom of jelly-roll pan. Arrange mushrooms on pan. Bake at 375 degrees for 10 to 15 minutes or until hot and bubbly.

Miniature Party Cheese Wafers
(Makes 36 wafers)

1 cup potato flakes
3 tablespoons diet sharp cheese spread
2 tablespoons diet margarine
2 tablespoons flour
¼ teaspoon paprika
Combine all ingredients with 1 tablespoon cold water, mixing well. Knead 1 to 2 minutes. Shape into 10-inch long roll, about 1 inch in diameter. Wrap and refrigerate at least two hours. Slice thinly and bake on ungreased cookie sheet at 425 degrees for 10 minutes.

Potato and Celery Salad
(Makes 4 servings)

5 ounces celery leaves
4 tablespoons mild wine vinegar
3 tablespoons olive oil
1 tablespoon chopped chervil
1 teaspoon chopped tarragon
Freshly ground black pepper
Potatoes
Cook potatoes in their skins in water. Peel about 1 pound, while warm, and slice. Sprinkle with the water; then season with 3 tablespoons vinegar to which you have added pepper and two tablespoons of oil. Let them macerate for two hours. Then add chopped celery and remaining oil and vinegar. Mix and let rest for another 15 minutes. At the last minute, add chervil and tarragon.

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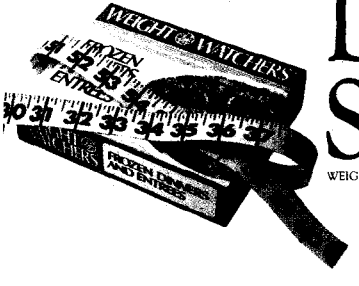

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Patti Davis

continued from page 45

after she began sounding to herself like a stalled Chatty Cathy did she call a halt. No more interviews.

"I don't want to talk anymore about being the President's daughter," she says flatly. "In a way, that sounds unrealistic because that's what I am. But I'm also an actress, a songwriter and an artist in my own right. Of course, until I really make my mark on a larger scale, I can't expect to escape the label. I'm not intolerant of people recognizing me for that first. It happens. That's just where the situation is right now."

But situations are subject to change, and Patti's been working and waiting for a positive change in her career for a long time. If success comes by association, she won't turn it down at this point. Remember, she's mellowing.

"By the time of my father's election, I had grown up a little bit.

"I was tired. If some publicity, some limelight were to come my way, I wasn't going to argue with it. I work really hard at my craft, and you can't turn down any bit of focus that's given you."

Now squarely in the center of the spotlight, she's uncertain of the image she projects. And in Hollywood, image is everything. Is she still viewed as a rebellious maverick? An interesting holdover from the flower-children/love-beads generation? Or a self-proclaimed klutz—"grace in motion," as she says.

"Somebody will have to tell me, I guess, because I don't know," she admits. "I hope the image I'm projecting is that I'm honest, strong and sincere in what I say, what I work for and what I speak out on. I hope that comes across."

It does, and eventually those attributes may take top billing, replacing her currently ballyhooed connection with the White House. She'll be Patti Davis: actress, singer, musician, writer, artist, nutritionist and, oh yes, presidential daughter. Who knows? Maybe someday Ronald Reagan will be invited to sit across the sofa from David Hartman and tell what it's like to be Patti Davis' dad.

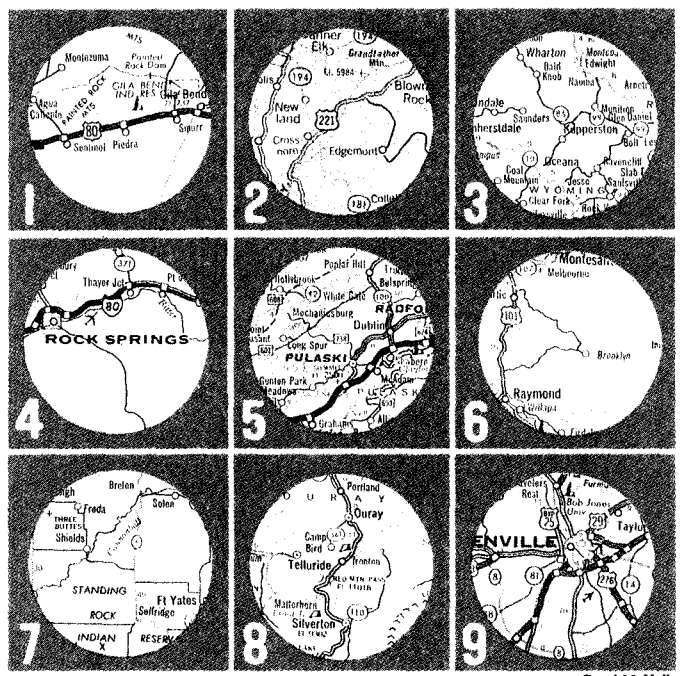
Medical Mystery

continued from page 36

children onto the buses would have exposed her to the dust at its thickest. Everything was right except the only thing that mattered. Coal! *H. capsulatum* doesn't grow in the bowels of earth.

"On the other hand, of course we couldn't just drop a lead as persuasive as that. We sat down in Saltzman's office at the courthouse and discussed the possibilities. It was at least conceivable that the coal had accidentally served as a vehicle for *H. capsulatum*. It might have become contaminated at some point en route from the mine or in the truck that brought it to the school. We had the name of the trucking company, and Chin and Paxton went off to ask the people there some questions. Larsh and I drove over to the school and went down in the cellar and had a look at the coal. The bin was practically empty, and what little coal there was looked as clean as coal ever does. It really looked hopeless. However, Larsh gathered some samples of dust for analysis. Then we went back to the courthouse and waited for Chin and Paxton. They came in looking rather thoughtful. Our truck-contamination theory was out. The company did general trucking, but in the past few months, its business had been largely confined to coal. But the coal delivered to the school hadn't come from one of the big established mines. It had come from an old strip mine in Washington County near Fayetteville. A strip mine is an open pit. There's all the difference in the world between an open pit and a modern deepshaft mine.

"Larsh and I spent the next day in Washington County. The laboratory report on Larsh's coalbin scrapings, when it finally came back, was negative. We got to Fayetteville well before noon. Then we had to find the mine. Even with the most explicit directions, that took another couple of hours. The place was overgrown and appeared to be practically abandoned. But we found it—not only the mine but also the strip that had last been worked. And then our luck ran out. The pit from which the school's coal had come was gone. Rain and snow had weakened the overhang and dropped it into the pit. I've seldom seen a likelier place for *H. capsulatum*, but likely was all it could be called. We couldn't prove it. We couldn't even reach it. It was buried under tons of earth and rock."



Rand McNally

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area north, south, east, west or central in the designated locale.

(Answers on page 102)

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Advertisement

Is Lower Back Pain Making You An On-Again, Off-Again Cripple?

by Eugene Griffin

Read how one man freed himself from this crippling pain.

It happened aboard a Lufthansa flight to Frankfurt, Germany where I was going for a business meeting. The plane hit an air pocket and suddenly my back "went out."

If you've ever suffered from lower back pain, you know what this can mean. In my case, the stewardess *had to lead me off the plane* when we landed. "This is the first time this has happened?" she asked. When I told her no, she said:

"Oh, then you should have a Prosana Belt." She then told me she had lower back trouble, too, and without the Prosana Belt, she didn't think she could hold her job. "It practically saved my life!" she went on.

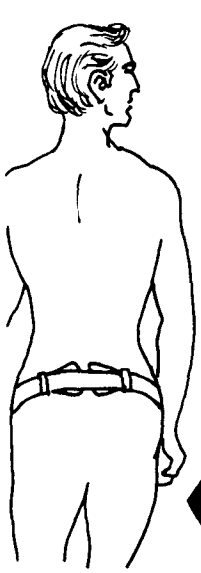
I'll be sure to get one, I told her. But what I was really thinking was how could a belt that helped her—a woman about 110 pounds—help a slightly overweight guy of six feet like me? Besides, I thought, I've tried practically everything short of an operation. So I went to my hotel room, took a hot bath, several aspirin and laid down for the night hoping for the best.

Couldn't get out of bed

The next morning the pain was worse than I could ever remember. *I had to roll out of bed onto my knees and crawl to a doorknob to get to my feet.* Again, I took a hot bath and some aspirin, but again, it didn't do much good. If I had been back home, I would have called and canceled the meeting. But here I was in Germany and scheduled for a meeting with five other businessmen *I* had set up. So there was nothing I could do but go through with it.

Lunch Included, Too!

The pain must have been apparent the moment I walked into the room because the first man I met smiled sympathetically and said, "You look like your back is bothering you." It is, I answered. "Haven't you heard of the Prosana Belt? he asked. I nodded yes. "And you don't *have* one?" he persisted. No, I said, continuing around the room, anxious only to get the meeting over with and go back home.



After the meeting, the man who asked me about the Prosana Belt suggested I join him for lunch. Since he was the key man on the deal, I accepted. But instead of driving me to the restaurant, he took me first to a surgical supply store where he bought me a Prosana Belt. I had no other choice but to put it on right there, though all I could think of after thanking him was to say, Is that it?

"That's it," he replied. " Now let us take a little walk to a nearby restaurant I know you'll enjoy."

The Most Amazing Walk Of My Life

If I had known the "little walk" was going to take almost a half hour, I never would have gone—business deal or no. But that was all part of his plan! Because by the time we reached the restaurant, *my pain was gone!* I even reached down and touched my shoelaces just to see if I wasn't imagining things. I can't believe it, I said. It's like a miracle. "Yes, I know," he answered, "I said the same thing when I first wore the Prosana Belt. Occasionally," he added, "I still say it, although any troublesome condition or pain that persists should be brought to the attention of your doctor."

Tested & Proved In Hospitals

Over lunch my friend proceeded to tell me about the Prosana Belt. How it was invented by a doctor, tested and proved in hospitals and clinics; even on people so crippled with lower back pain, they had to wear steel braces! How it was, and is, used throughout Europe by tennis champions, Olympic bobsled medalists, soccer players—by all kinds of people who are constantly putting incredible strains and stresses on their backs. In fact, he concluded, its effectiveness has been so proven, *its purchase is included under Germany's national health coverage plan.*

Save $14.00! Special Free Trial Offer!

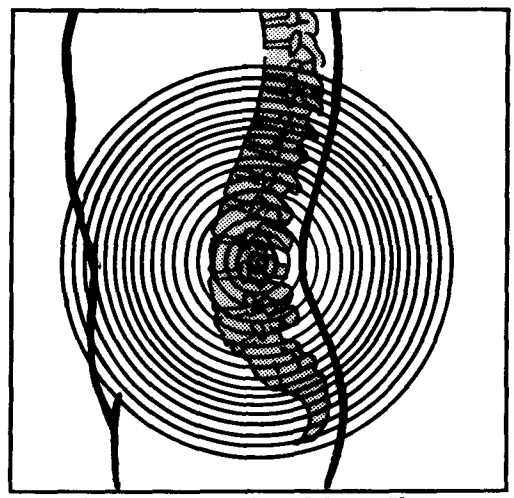
When I returned home, I told all my friends with bad backs about this marvelous belt. But when they tried to buy one, they found no one in the United States had even heard of it! So, I called my friend in Germany (incidentally, I got that order) and told him I'd like to import some Prosana Belts. He told me the cost of one *in Germany* was $44.00 in American money. Since I would have shipping costs, taxes, handling and so forth, I decided to see if I could make a special bulk importing deal with the manufacturer. And, I'm happy to add, I was able to. Yes, you can now try the Prosana Belt for only $29.95—$14.00 less than what you would pay in Germany. What's more...

You Can Prove Its Effectiveness To Yourself Risk-Free For 30 Days!

If you suffer lower back pain like me, you've probably tried every "cure" there is and so you're probably skeptical. Which is why I'm making this iron-clad, no-risk guarantee: If you're not convinced that the Prosana Belt relieves your lower back pain fast...that it works where other methods and devices have failed...that it lets you bend over, garden, do household chores, even play sports *pain-free*, I'll return your money *in full.*

© 1981 Peabody Adams, Inc.

HERE'S HOW THE AMAZING PROSANA BELT WORKS. Every time you move or take a step, the up, down and sideways motion of the patented, orthopedic-designed "massaging pads" soothes away aches and pains almost like a chiropractor's hands. (Yet the Prosana Belt is invisible even under summer clothes. Soft, lightweight and washable, too, with no metal parts. And one size fits all!)



If You Read Nothing Else Read This Doctor's Report:

"I've turned from my initial skepticism, indeed rejection of the Prosana belt, to an eager proponent of it. I now have checked more than 40 cases from my practice and after studying a file with more than 100 statements, I have no doubts about the effectiveness of the belt."
Dr. Ludwig Hecht

HERE'S WHAT USERS SAY:

"I have been suffering from lower back pain for years. Nothing helped, not even a steel corset. After wearing the belt, I am freed from the pain and it has never come back."
Mr. H. Kilian, Olympic Medalist & 3-Time World Bobsled Champion

"I suffered from severe back pain caused by tennis, and since I did not want to take any medication, I have begun to wear your belt. It is hard to believe how quickly I have got rid of my back pain."
Mr. D. Sturdza, Swiss Tennis Champion

"Often I could tolerate the pain only with strong medication. The Prosana Belt has freed me from taking pills."
Mrs. F. Polenz, Housewife

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I, too, want to prove to myself for 30 days, risk-free that the amazing Prosana Belt can free me from lower back pain. Rush me my belt at the special import price of only $29.95 plus $2 for postage and handling. SAVE! Order 2 Prosana Belts for only $55.95 plus $3 postage and handling. Same money-back guarantee. If after 30 days I'm not 100% satisfied with the dramatic relief I experience, I may return the Prosana Belt(s) for a full and prompt refund (excluding postage and handling) no questions asked.

☐ Check or Money Order enclosed. (New York residents add 8% sales tax.)

I am a ____ Medicaid ____ Medicare recipient. Enclosed is a copy of my card saving me $5.00 more

Charge to: ☐ VISA ☐ Master Charge

Card # _____ Exp. Date _____

Name _____

Address _____

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State _____ Zip _____

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Gold Medals

continued from page 64

petition. This year's nationals were held in Memphis, Tennessee, August 4-8, at Memphis State University.

"Ours is a discovery program," says National Junior Olympic Administrator Lewis Owens. "It enables millions of kids to discover their potential and talent, while Americans discover their next Olympic stars."

While the individual athletes pay a mere $2 for an AAU Junior Olympic membership and the chance to compete in any of the 20 sports offered, the program is largely kept afloat by the legions of volunteers and the six-year sponsorship by Sears, Roebuck & Co., which this year has made a contribution to cover national office expenses and the scores of awards distributed: pins, patches, certificates, T-shirts, jackets, medals, plaques and trophies. The Quaker Oats Company originally sponsored the Junior Olympics for five years, followed by a two-year sponsorship by the Chevrolet Division of General Motors.

Unlike amateur sports development programs in countries such as Russia and other Eastern-block communist nations, the AAU receives no government subsidy. AAU competitors pay their own way or receive help from private business.

"Our company's philosophy has long been that business must account for its stewardship not only on the balance sheet but also in terms of social responsibility," says Ken Page, Sears' project manager for the Junior Olympics. "Americans have a love affair with their Olympic athletes. And Sears simply wants to help that love affair along by supporting the AAU Junior Olympics and thereby helping provide athletes for the Olympics themselves," he adds.

The Sears corporations set an example for hundreds of smaller companies that are involved at the local level to keep the competitions coming to their towns. "We get a lot of bang for our bucks," says three-time Olympic medalist Frank E. McKinney, Jr., who now sits as chairman and chief executive officer of the American Fletcher Corp. and the American Fletcher National Bank, Indiana's largest. In 1970, McKinney and Indianapolis Council President Beurt SerVaas were instrumental in enticing the AAU to shift its headquarters from New York to Indianapolis. In the years since, McKinney's bank has been a large supporter of hometown athletics—to the tune of one million dollars in the past ten years. "Any company can buy an ad in a newspaper or magazine saying, 'We're a great company.' Or they can take that same money and channel it into the sponsorship of local sports competition. That's what AFNB does. We still receive the recognition, but we get the added bonus of helping to develop our youth and giving our community some tremendous sporting events."

You be the Judge

by J.V. Newton

Sam's afternoon nap was disturbed by two police officers with a warrant authorizing his arrest for the burglary of a coin shop. Though the officers lacked a search warrant, they searched his home and turned up a number of stolen coins.

At Sam's trial, the stolen coins were admitted into evidence over his objection. The police officers argued that these coins were discovered in a search incident to a lawful arrest. "When a man is legally arrested, we may seize anything found on his person or in his control," the officers explained.

"True," answered Sam's attorney. "However, you found the evidence in his bedroom. There was no justification for searching any other room than the living room where the arrest occurred."

If you were the judge, would you allow this evidence to be used against Sam?

The United States Supreme Court held that the stolen coins were inadmissible. The police officers' search, it said, went far beyond Sam's person and the area from within which he might have obtained either a weapon or something that could have been used as evidence against him. (Based on a 1969 United States Supreme Court case.)

Home

continued from page 32

worked for the California Department of Employment until she retired in 1971. Now 80 years old, Mrs. Hopkins has found it "difficult" living on her social security, a small pension from the state of California, some dividends, her savings and the money from a room in her house she rents occasionally.

When her house is sold, however, Mrs. Hopkins expects her income to be "at least 75 percent more than it is now."

"I will be able to do a lot of things I haven't been able to do," she says. "I can do some traveling. I can buy a new car. I have some nieces and nephews who could use more money for college. There are a lot of nice things you can do for people and your friends."

Also, she notes with a laugh, Belvedere is a somewhat affluent community, and living in a style appropriate for her neighborhood is not always easy. "Now I'll be able to keep on living in

continued on page 100

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What was the world of Jesus like?

This new encyclopedia for children in grades 4 through 8 explains Jewish history, laws, daily life, customs, places and events in comprehensive, yet readable text and handsome color illustrations.

The World Into Which Jesus Came teams full-color pictures with small blocks of text to give young readers a clear understanding of Jesus' world, and a more meaningful insight into the Bible.

Following a brief overview of Jewish history, the book looks at the customs and activities of daily life through the fictional characters of Michael and his family and friends. The reader sees Michael's house, the food he eats, the games he plays, his clothes, his school, his pets, and so on. When Michael's family visits Jerusalem, Bethlehem, and other Dead Sea area locations, the reader travels right along with them.

Leaving Michael, the book then discusses the regions around Palestine, as well as the Greek, Roman, and Egyptian influences on Palestine itself. The roles of the Pharisees and Sadducees, the Maccabeans, and the Roman rulers are all explained.

Throughout the book, sidebars relate the customs, places and events to Jesus' life on earth.

Children in grades 4 and up, parents, and teachers will all discover this book to be a useful and fascinating resource.

☐ Please send (how many)?_____ copies of *The World Into Which Jesus Came* (4951) @ $11.95 per copy ($12.95 after 12/31/82).

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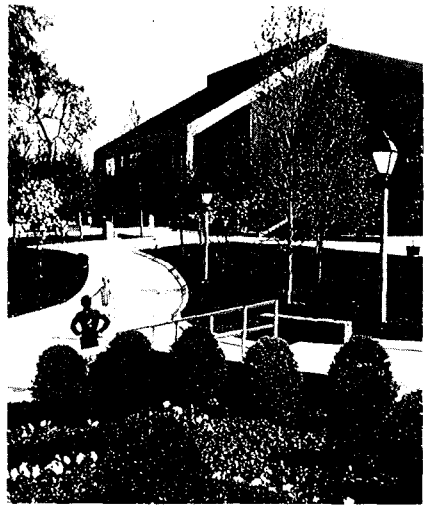
Where in the World?

Be it Buffalo or Bangkok, Timbuktu or Tyre, each picture has its proper place. Just find it in the list below.

A

- ☐ *New York*
- ☐ *Boston*
- ☐ *Chicago*

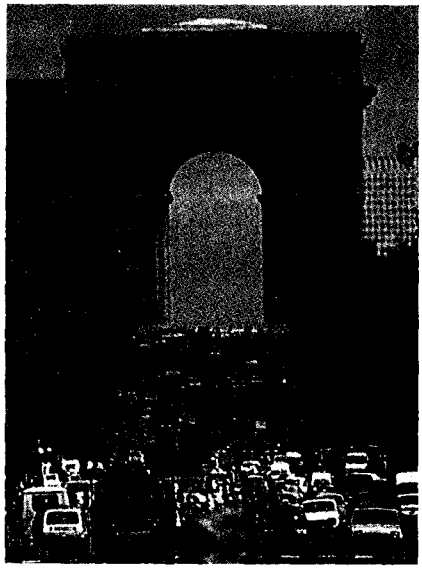
Beyond the famous bronze lions, which are often used as symbols of this lakeside city, one finds within the Renaissance-style building one of the world's greatest collections of art, plus America's largest art school.



B

- ☐ *Nashville*
- ☐ *Atlanta*
- ☐ *Louisville*

The sounds of "country" have filled the air from this Southern town since 1925. The world's longest-running radio program originates every weekend from the modern brick building that stands at the entrance to a 120-acre theme park.



C

- ☐ *Rome*
- ☐ *Brussels*
- ☐ *Paris*

Because the self-made monarch's reign was rather short, the monumental arch he commissioned (twice as high as the Roman Arch of Constantine that inspired it) was not completed until 1836, 22 years after his fall from power.

D

- ☐ *Peoria*
- ☐ *Knoxville*
- ☐ *Los Alamos*

A "powerful" place, this city is home to a famous electrical authority, birthplace of the atomic age and host to an international energy extravaganza.

Answers on page 108

Home

continued from page 98

the manner to which my neighbors think I'm accustomed," she jokes.

When Mrs. Hopkins does sell her home, she will do so with the assurance that the entire transaction meets the full approval of her attorney. Those watching the developments of programs like this have expressed concern that similar ventures in the future may not always have the organizational strength, financial security or honesty to give senior citizens the additional income and peace of mind they expect.

"People should be skeptical" before they sign away the title to their homes, Scholen notes. "They should put the burden of proof on these companies to prove that they are going to do what they say."

"I'm sure it's not the right solution for everyone," says Charles Stewart, a Carmel attorney who has represented other senior citizens entering the equity conversion program. "It is especially helpful where the most valuable asset in a person's estate is his home. The mortgage should be paid off or nearly paid.

"But there are a lot of people in this situation," he continues. "They have their house, but they don't really have enough to make life worth living."

He, too, believes a senior citizen should have a lawyer accompany him through all the steps of the equity-conversion process. "One thing you have to know," he stresses, "is who the buyer is going to be and is he going to be able to continue making the payments?" With the period of amortization on the house squeezed into a 10-year period, the monthly payments could be quite large. So the buyer has to be financially sound. "I think it's desirable to get investors in this who are in good financial shape," Stewart says.

For Mrs. Keatinge, the advice to keep in close touch with outside counsel was followed closely. "I referred everything to my lawyer," she says. "I've lived here a long time. I would hate to have to give up my house."

Thanks to professional guidance and the equity-conversion program, not only can Mrs. Keatinge keep her house, now she can afford to enjoy it once again.

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NEW WONDER-FORMULA—HAILED ON NETWORK TV!

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Amazing new formula actually penetrates old paint (varnish and lacquer, too), in minutes. Transforms it into a soft, plastic-like film. Then simply let set...lift, roll, strip up to 18 coats of paint away in a single peel-away action! Yes, years of built-up paint peel away as quick and easy as you'd turn this very page! Ends sanding, scraping, chipping and foul-smelling chemicals ONCE AND FOR ALL!

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SIMPLY COAT IT ON—SEE IT TURN PAINT TO "PAPER" IN JUST MINUTES...AND PEEL IT AWAY IN A SINGLE LIFT-OFF-ACTION!

Best of all this new wonder-formula is so easy to use. Simply mix with water and coat onto any painted surface. Then press down special 'Peel-Away' magic-fibre Lift-tex strip-away cloth, (included free) . . . let dry and adhere to surface . . . and without even dirtying your hands, lift away old paint, just like you'd peel a banana. It is as simple and easy as that. No mess. No fuss. No odor. Old paint lifts away like a single sheet of paper. Original bare-wood finish comes through like new again.

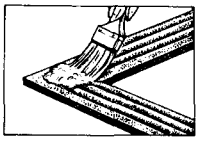
SO ECONOMICAL TOO! MERE PENNIES PER JOB! AND THE PEEL-AWAY MAGIC-FIBRE CLOTH IS COMPLETELY RE-USABLE, GOOD FOR YEARS TO COME!

Peel-Away is every home-owners dream come true. Ideal for indoors on walls, windows, furniture, etc.—plus 101 outdoor uses too. And it costs only a little more than a penny per foot coverage. Homeowner's size alone gives enough coverage to strip away as much as 500 to 750 feet of wall and door trim, window frames, furniture molding, stair railing, patio furniture, roof-gutters . . . its uses are almost endless.

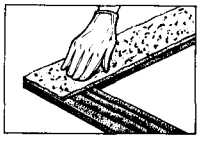
SAVES WORK, SAVES TIME, SAVES MONEY ...MAKES TAKING OFF PAINT EVEN EASIER THAN PUTTING IT ON!

So for the new low-cost, super-fast way to peel away old paint . . . lift away old lacquer, varnish and shellac . . . order PEEL-AWAY today on full money-back guarantee. REMEMBER: You must be able to simply coat . . . peel . . . lift and strip away up to 18 layers of old paint in a single peel-away action . . . without sanding, scraping, chipping or steel wool . . . or purchase price refunded in full. Order today.

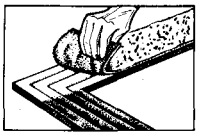
CLEAR & FREE 1–2–3!



STEP 1: Simply coat 'Peel-Away' wonder-formula over old, encrusted paint; (up to 18 layers thick)—



STEP 2: Cover treated area with magic-fibre 'Lift-tex' stripper-cloth, (included FREE). Let set and adhere to coated surface.



STEP 3: Right before your eyes paint turns to "paper" . . . lifts, peels, strips away IN A FLASH!

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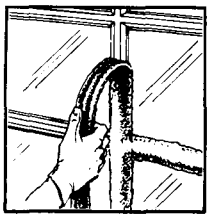
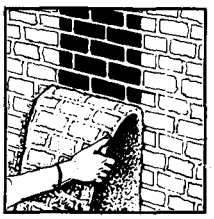
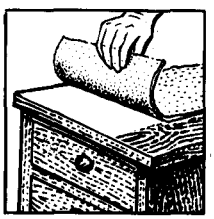
WINDOWS



WALLS & BRICK



FURNITURE



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Bicycle

continued from page 62

them, the whole incredible reality of them forever underfoot and smelling up the house with their fresh clean smells of intensity, struggle and truth. But now what was I supposed to do? Tell them the truth, or a decent variation of it, ask them to sit tight and go chasing after her in a taxi to the Deux Margots? I had no idea where else to go looking for her, and it wasn't very likely that she would go there with a small suitcase, so where should I go?

"Back to the living room, everybody."

I shut the door and we all went back to the living room, but after a minute or two Nelly ran off to study the situation in the kitchen. Three days ago, the cook had quit because it was too hot to be in Paris, and she wanted to visit her mother in Montpelier anyway. And so all of us had got acquainted with the kitchen and how the great gas stove worked. After a moment, the others ran off to be with Nelly in the kitchen, because that was where the surprise was getting worked out, and I began to think about the whole situation. I picked up the telephone book to see if Al Poufnique was in it—Poudroux, Pouey, Pougatch, but no Poufnique. Who could I call?

I was sitting on the delicate antique straight-backed chair that belonged to the fragile desk with the telephone on it, with the open book in front of me, trying to think, when all of a sudden I realized that I had fallen into a kind of trance or stupor of disbelief or something and, furthermore, that I had been sitting there that way for a long time. The faraway voices of the kids in the kitchen and up and down the long hall had somewhere along the line faded away, and now I had the distinct feeling that this silence was not accidental, that it had something to do with the whole family, with the intended surprise, with their mother, with me. And then without looking up and noticing them standing together in the doorway at the end of the long room, I knew they were there and that they had been there for some time; so now how was I to meet this situation? How was I to look up and find them there, and how was I to come out of it and be alive, and say something sensible? Before I could reach a decision, Pat was across the desk from me.

"What's the matter, Pop?"

I got up very quickly and saw the other three still in a group at the end of the room. "Why, nothing. Nothing at all. Why?"

Nelly, coming forward with Rufe and Della beside her: "But you've been sitting there that way for hours, Papa—it's almost half past six. Where's Mamma?"

There wasn't anything else to say, so I said, "A surprise is a surprise; she doesn't know there's a surprise going on, so it's almost half past six, so what?"

"Yeah, so what?" Rufe said, because in that whole household, he was the one whose faith in me never faltered.

"I suggest we wait until seven. If your mother isn't home by then, I suggest we postpone the surprise until tomorrow, and we all go out to dinner and then to the circus."

This seemed to make sense to the kids, so we began to wait. The place became quiet again, as each of them picked up a book or a magazine and began to turn the pages, listening all the while for the sound of somebody working a key in the front door. Pages turned one by one, but nobody was really reading anything or really looking at pictures. Everybody was waiting, that's all, and then suddenly everybody was standing, almost as if at attention, or as if in expectation of something possibly wonderful, but also possibly terrible. I myself was standing, a little scared, too, because the doorbell had been given a ring of at least 15 seconds. Now, who could that be? Al Poufnique, to tell me, "I love Susan. I want her to be my wife." Would he be alone, or would she be with him, or what?

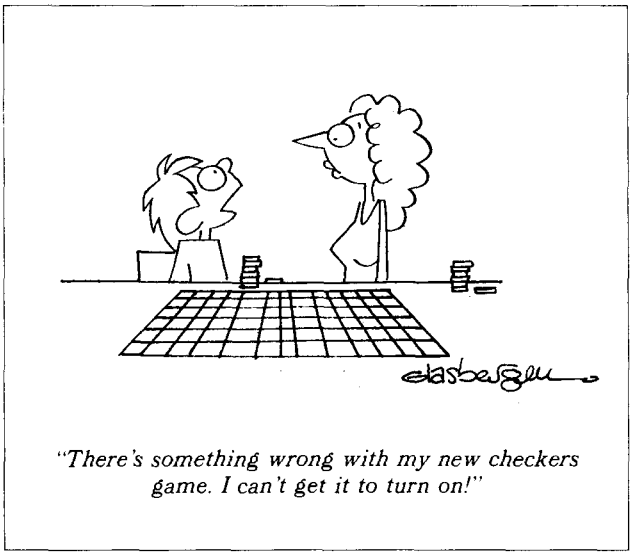
"Probably somebody wanting to see something. You kids stay right here."

I went down the long hall, kind of slowly, because I was scared. If it were Al Poufnique, I was afraid I might not even let him say hello; I might just push him down the stairs and out of the building, and, of course, that wouldn't be any good at all for the kids. They would grow up believing America should push any nation that got in its way straight down the stairs and out of the building, too.

I opened the door, and there stood Amshavir Shamavoor of Fresno. As he talked, I knew the kids were just up the hall, out of sight, watching me, and listening.

I heard him out, knowing he in turn was waiting for me to roar with glad laughter at the sight of him, to

continued on page 108



"There's something wrong with my new checkers game. I can't get it to turn on!"

Where do you think you are?

(Answers from page 96)

1. Arizona
2. North Carolina
3. West Virginia
4. Wyoming
5. Virginia
6. Oregon
7. North Dakota
8. Colorado
9. South Carolina

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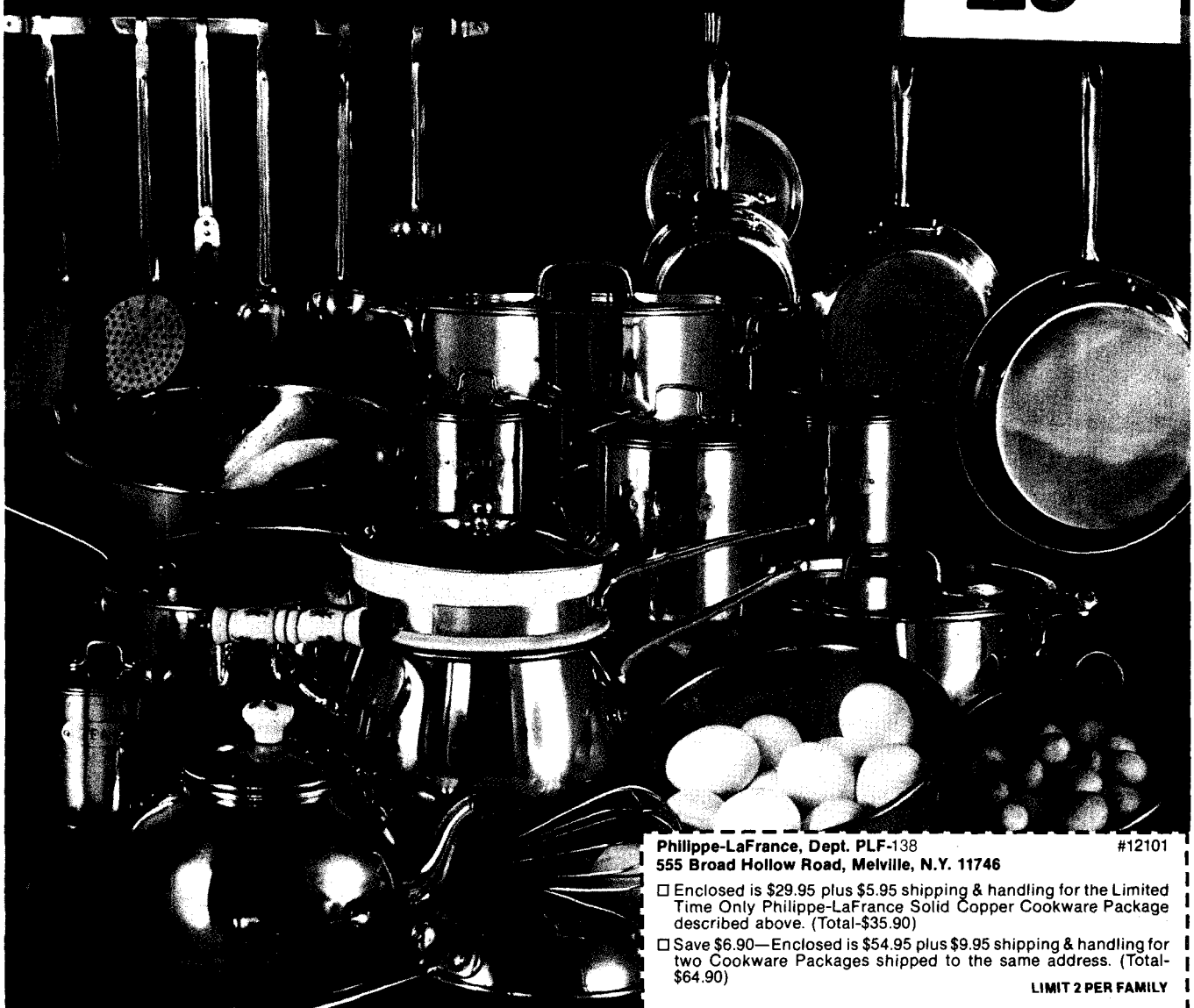

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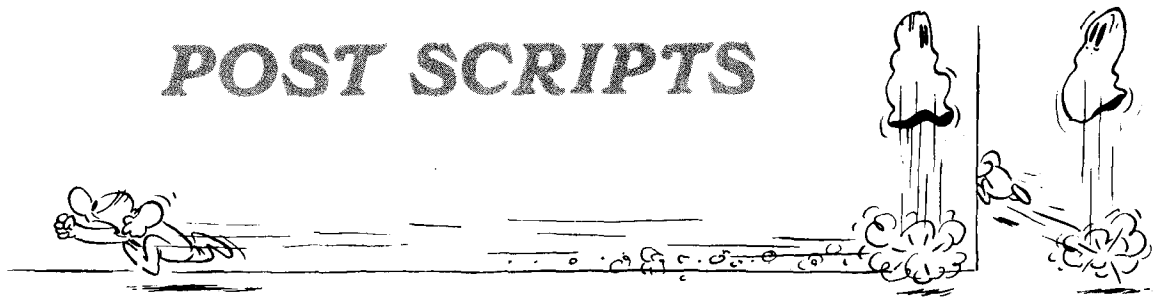


Solid State

I have no birth certificate—
that's why I am forlorn.
I have to get a paper
to state that I've been born.
They don't believe the evidence
of their sight or touch;
It has to be legally proved
that I exist as such.
I've been around for 30 years.
I hope it's not too late
To prove I'm not invisible,
but in the solid state.

—Margarita Walker Dulac

Mind over Chatter

The neighbors were talking in the kitchen. "Do you think your husband is broad-minded?" asked a curious one.

Replied the second woman, "I often wonder if he thinks of anything else."

—Dorothea Kent

School Daze

Nothing distracts childen more than to have the TV turned off while they are doing homework.

—Homer Phillips

Half (Wit) Back

The high school football coach, his team far behind in points, looked at his bench and called one fellow over. "Okay, Jackson, go in there and get ferocious."

The young man leaped up. "Right, Coach. What's his number?"

—A.H. Berzen

Smashing Best Seller

A 17-year-old youth who had received his driver's license only a month ago told his father he planned to write a book about driving. "Do you have a title for the book?" asked the father.

"Yes, sir," replied the youth. "*Close Encounters of the Worst Kind.*"

—Philip Lazarus

To Wash It Down

A fellow took a new girl friend to dinner at an exclusive restaurant. She studied the menu a bit, then said, "I'll have a double shrimp cocktail, onion soup, lobster, baked potato, asparagus, tossed salad with bleu-cheese dressing and apple pie a la mode. What do you think I should have to drink?"

"Oh, I don't know," he replied. "How about one of the Great Lakes?"

—Martha J. Beckman

Curfew Caution

A man told his teen-aged daughter that he wanted her home by 11:00 p.m.

"But, father," she complained, "I'm no longer a child."

"I know," admitted the father. "That's why I want you home at that time."

—Morris Bender

Parliamentary Whip

After one hot and heavy verbal exchange in Parliament, Lady Astor is reported to have said to Winston Churchill:

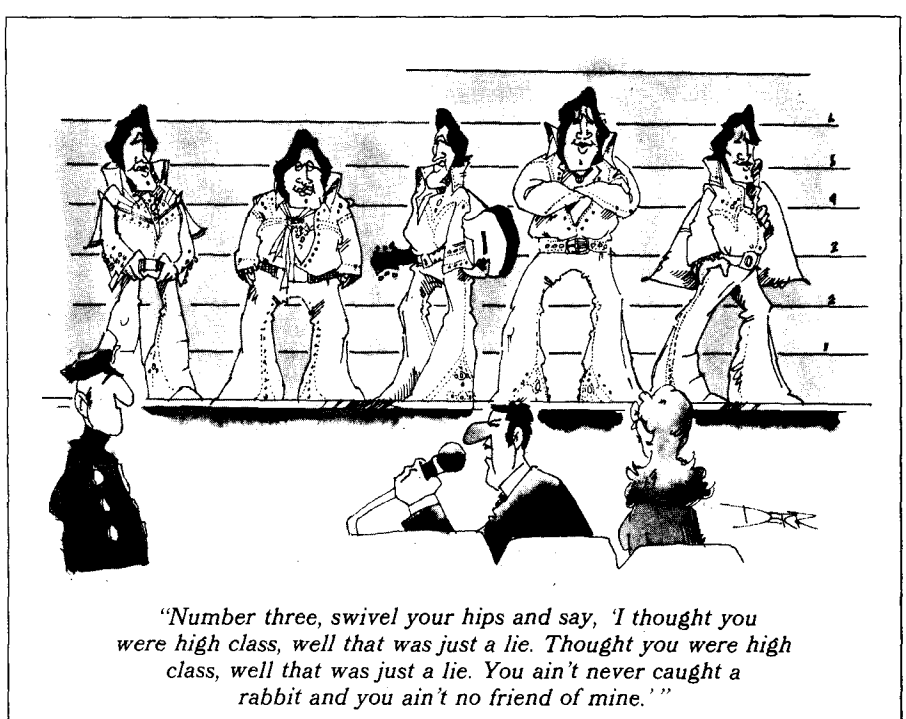
"Winston, if you were my husband, I'd poison your coffee!"

"If you were my wife, Nancy," replied Churchill, "I'd drink it."

—B.W. Clifton

Bored Keepsakes

A farmer came out of the backwoods because he heard that, instead of enduring days of back-breaking work, he could buy wood already cut to the size he needed at a new-fangled store called a lumber store. He went in the door, and,



"Number three, swivel your hips and say, 'I thought you were high class, well that was just a lie. Thought you were high class, well that was just a lie. You ain't never caught a rabbit and you ain't no friend of mine.'"

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sure enough, a salesperson walked up to him and asked if he could help. The farmer said that he wanted some 4-by-2s. The salesman asked if what he really wanted was 2-by-4s, and the old farmer, after some discussion, finally agreed. The salesman then asked the farmer, "How long do you want the boards?" The farmer, after some careful thought, replied, "I want to keep them."

—Aaron Doak

Losing Time

A man walked up to me on the street and asked if I knew what time it was. I told him yes. He said, "Well, I guess I lose my bet."

—P.R. Baugh

Suspicious Bells

On the young couple's wedding night, the bride suddenly became sick in the hotel room. In something of a panic, the groom telephoned the hotel clerk. "Call a doctor or send the house physician to Room 612," he said. "The young woman with me has become ill."

"Honey," the bride corrected, "tell the man I'm your wife."

Obediently, the young man blurted into the receiver: "She says to tell you she's my wife!"

—Lane Olinghouse

Heinrich Schnibble Buys a Suit

"Good afternoon, sir. May I help you?"

"Meinself ist needen ein suit."

"Yes, sir. Something for winter? Or for spring?"

"Ja. Und also der summer and fall."

"Er—very well, sir; right this way. What size, please?"

"Ach, du lieber! Ich ben wanten der size mit fitten meinself!"

"I know that, sir. All I——Never mind; I think we have just what you want right here in a Size 42 short."

"Goot! Ich ben tooken das suit."

"Splendid choice, sir. Just slip on the trousers and——"

"Ach, nein! Ich ben tooken das suit in ein box."

"But, sir, the trousers have to be cut off and cuffed, and there may be other minor alterations. You want the suit to fit, don't you?"

"Himmel! Das suit ist nicht ben fitten?"

"Oh, of course, it'll ben fitten. But all our trousers come long, without cuffs. Leg lengths are never the same, so we——"

"Ach! Mein length ben der same. Mitout changen."

"I don't mean your legs don't ben——Uh—what I do mean is——"

"Ist der cutten and cuffen ben costen?"

"No, indeed, sir. We make no charge for alterations."

"Goot! Ich ben needen das suit for der whirlengeswingendancer."

"And I'm sure you'll ben—for der whirlengewhat?"

"Der dancen party mit whirlen und swingen der frauleins. Ach!"

"Oh, yes, the big square dance out at——Say, isn't it tonight?"

"Ja. Mein friend, Hans Obermeyer, ist der outcaller."

"Well, I ben terribly sorry, sir, but I'm afraid we couldn't finish der cutten and cuff—der alterations—before tomorrow."

"Ach! Ist der whirlengeswingendancer ben waiten? Nein!"

"I know der whirlen—I mean, der dancen won't ben waiten, but it's impossible to——"

"Himmel! Mitout der store ist fixen der cutten und cuffen, ich ben——"

"You ben what? Der cutten and cuffen can't just happen all by itself!"

"Dummkopf! Ich ben callen der manager und demanden——"

"Dummkopf yourself! Meinself ist der manager!"

"Ach, du lieber! Ich ben tooken das suit und fixen der cuffen meinself mit ein stitchen-needler!"

"Goot! It'll ben ein mess, und der whirlengeswingers ist laughen und ——Ach! Please don't tell where yourself ben getten das suit."

"Meinself ist tellen! Und Hans Obermeyer ist tellen!"

"Himmel, nein! Nein! Ich ben dancen das suit in time for der cuffengewhirl—I mean, der stitchen-cutten ist—— Ach! I'll only tooken a few minutes. Please wait outsiden der store!"

—Dave Morrah

The Tooth Will Out

A woman and her husband went to the dentist. She said, "I want to have a tooth extracted immediately. I don't care about the pain or anything. Just pull it right out because we have to leave town right away. No Novocain or anything. Just pull out the tooth."

The dentist looked at her and said, "I've never met a person like you in all my life. You're really a courageous woman. Which tooth is it?"

She turned to her husband and said, "Show him your tooth!"

—F.E. Killian

"Counselor is tempting the court to use the murder weapon!"

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Be ashamed to die until you have won some victory for mankind."
—Horace Mann

Vitamin C to Prevent Spina Bifida

Neural tube defects (NTDs) are a tragic group of congenital malformations that afflict approximately 8,000 infants a year. Also called spina bifida, they result when the bony spinal canal that surrounds and protects the delicate spinal cord fails to fuse. In one of its severest forms, meningomyelocele, there is a hole in the baby's back through which the sac covering the spinal cord and the cord itself protrude. The result is paralysis below the level of the defect and sometimes also hydrocephalus (enlarged head). There is also loss of bladder and bowel control and a high infection risk. Many NTD victims die early from infection.

"Studies undertaken by two British researchers, Drs. R.W. Smithells and K.M. Laurence, showed that women in the United Kingdom who had already had one infant with an NTD had fewer recurrences than one would expect when they were given vitamin supplements," according to David Shurtleff, M.D., professor and head of the Division of Congenital Defects in the department of pediatrics at the University of Washington School of Medicine in Seattle.

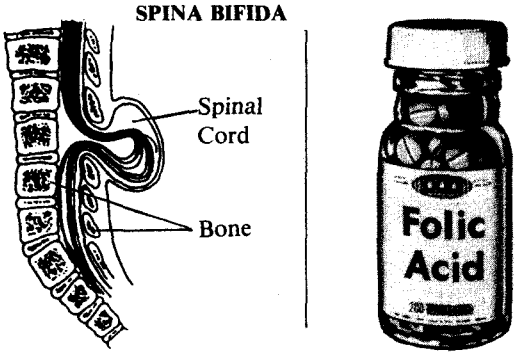
"In one study, among those mothers taking the supplements, 0 of 44 had infants with NTDs. Among those not taking the vitamins, 6 of 67 had infants with NTDs," Shurtleff said.

These studies didn't determine conclusively which, if in fact any, vitamin is beneficial. The leading candidate, however, is folic acid, a B-complex vitamin. "Folic acid is the prime candidate. It's involved in making the building blocks for DNA and, in this case, is thought to play a key role by keeping the neural tube closed," Shurtleff said.

There are no known harmful effects associated with even high doses of folic acid, except in patients on medications for seizures; therefore, research committees have been reluctant to deny folic to control groups in order to establish definitively the role of vitamins in the development of neural tube defects. Shurtleff said, "I would find it hard to deny my wife folic acid supplements if she were pregnant."

Shurtleff added, "There really isn't anything at present to prevent the problem. The only thing we have to offer is ultrasound and amniocentesis. If testing shows the fetus has an NTD, then the parents' only choices are to have the baby or have an abortion. Neither option is ideal. If folic acid or some other vitamin works, it would be a major break in the battle against this devastating problem."

"This prescription has one side effect: poverty."



A would-be mother might lessen her risk of having a spina bifida baby by making sure her folic-acid (B vitamin) level is adequate before becoming pregnant.

A study is now being cosponsored by the Spina Bifida Association of America and General Nutrition Corporation of Pittsburgh. It looks at the possible NTD-vitamin connection. Vitamin supplements are given free of charge to women who have already had one or more children with an NTD. Berkeley Wright, R.N., is coordinator of the national study.

Another possible key in the NTD mystery is zinc. Low blood levels of zinc can interfere with the absorption of folic acid.

The current folic acid study gives would-be mothers pills containing 0.8 mg. of folic acid supplementation a day, the highest strength the FDA will allow to be sold without a prescription and, based on the British studies, sufficient for the purpose. However, Shurtleff points out that there may be some women who have problems absorbing folic acid. "A woman who has already had a child with an NTD should have her levels checked when she is thinking about getting pregnant. The neural tube is formed very early in pregnancy, before a woman knows

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she's pregnant. Women have to be sure their levels are high enough before they start trying to get pregnant!"

"A federally funded study looking into the possibility that there is a connection between vitamins and NTDs is being considered," said Godfrey Oakley, M.D., chief of the Birth Defects Branch, Center for Environmental Health at the Center for Disease Control in Atlanta. A United Kingdom study on the possible vitamin-NTD connection began last September and is slated to run for about two years.

Women who wish to participate in the U.S. vitamin study should contact the Spina Bifida Association of America, 343 S. Dearborn, Chicago, Illinois 60604.

Natural Sleeping Aid

A new, more natural approach to the problems of insomniacs (those poor sleepers who abound in our tense, modern society) is developing through the use of tryptophan—one of the essential amino acids, so-called because the body cannot synthesize this compound for the creation of protein and must therefore depend on outside sources.

Tryptophan, as a sedative, presents new and exciting possibilities in dealing with sleeplessness. Unlike various commonly prescribed ordinary sedatives, it does not interfere with the standard physiology of human sleep that involves healthy sequencing of non-REM and REM sleep. The loss of REM (Rapid Eye Movement) sleep results in the loss of the normal "punctuation" provided by REM period dreaming. This loss is thought to be responsible for the unrefreshing, hangover-plagued sleep provided by ordinary sedatives.

Experience with tryptophan demonstrates that its sedative action is keyed to human circadian (daily) rhythms. If given at the individual's ordinary bedtime, it sedates throughout the night. If given in the morning, when the patient's cerebral motor is revving up, it has no sedative effect. The usual dosage is from one to five grams.

Interestingly enough, tryptophan, which further qualifies as the ideal sedative because it does not lose its punch with prolonged usage, apparently plays a role in potentiating normal neurotransmission in the human brain. This is of special significance because failure of such transmission is known to be a factor in the development of endogenous depression—one of the major causes of insomnia.

Tryptophan is inexpensive, considered to be harmless and is available without a prescription.

Impossible to Segregate Smoke

The American Association for Respiration Therapy (AART), an organization representing 100,000 respiratory therapists, recently presented an award to Texas-based Muse Airlines for banning in-flight smoking completely. The standard practice of segregating smokers is seen as separate but unequal by the AART, which says it's *impossible to segregate smoke in the aircraft cabin*, and nonsmokers are hoping that other airlines will follow Muse's lead.

Peanut Lovers, React

For years I've been using Kleenex® to dust the salt off my vending-machine peanuts. When the vendors start including unsalted peanuts in their machines, they will no doubt save millions in the health care of our population. It would be like killing two birds with one stone: 1) get rid of some of the salt in our diets; 2) provide a healthy protein, complex carbohydrate, cholesterol-free and high-fiber snack to the impulse buyer, instead of sugar candy or, worse still, nicotine.

Meantime, our congratulations go to the Planters® peanut people for having been in the forefront spending their money to promote unsalted, dry-roasted peanuts. Show your appreciation for this health service by buying their unsalted line, which includes Unsalted Mixed Nuts, Unsalted Cashews, Unsalted Sunflower Nuts and a new product, Unsalted Cocktail Peanuts.

Nabisco brands (they produce Planters) have put out a booklet entitled "Delicious Low-Sodium Diets" and another called "Unsalted Snacking in a Nutshell."

A Dangerous Herpes Therapy

Some doctors thought smallpox vaccinations might help herpes patients because the herpes virus is a distant relative of the smallpox virus. Patients treated in this way receive vaccinations once every two weeks for eight to ten weeks. Several studies have been done looking at this therapy, and none have shown any evidence that it works.

Dr. Marcus A. Conant, chief of the Dermatology Inpatient Service at the University of California Medical Center in San Francisco, recently warned that, not only is this therapy worthless, it could even be deadly in persons with impaired immunity.

Marijuana Breathalyzer

Because marijuana smoking causes auto accidents, police are interested in a new marijuana breathalyzer, developed at the University of California, which detects marijuana on a smoker's breath up to two hours after smoking. The device can sample saliva up to four hours after the joint has been extinguished.

"Here, I want you to follow this diet."

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Bicycle

continued from page 102

be a Fresno kid again, to have him meet the wife and kiddies. But I couldn't laugh; I couldn't ask him in at a time like this and try to be interested in his bike ride around the world. In the first place, I didn't know him. In the second place, I wanted to get out of there with the kids as quickly as possible, because after dinner and the circus they'd be tired and they'd go to bed, and if Susan weren't home by that time, I'd think of something intelligent to do. There is always something intelligent to do, but the trick is to find out what it is. Sometimes the most intelligent thing is not to do anything, certainly nothing loaded with the imbecility of emotionality. And I was so annoyed with Susan that it amounted to the worst kind of emotionality. How could she even think of any other man in the whole world? How unhappy had she been all these years? How pitifully little did our kids mean to her? If she came back in the middle of the night, had I better tell her to keep moving—from Al Poufnique to Hal Fopkin, to Sal Martin, to the elevator boy next door? I didn't know what to do, but I knew I wasn't going to entertain the 44-year-old lad from Fresno who was on his way around the world on a bicycle.

"Amsho," I said at last, "I'm sure you haven't got any time to lose. You've got to jump on your bike and race east to Damascus, and I know the ride is going to make you awfully famous. Thanks for dropping by, it's always good to see a face from the old hometown, and good luck, all the luck in the world."

In shutting the door it was actually necessary to have it reach him and move him back into the hall, and during this business, he was speechless. After the door was shut, I knew he stood there for some time, not believing what had happened. The kids tiptoed up, and I herded them away and up the long hall to the living room again where everybody began to speak at once, calling me names, mainly.

Nelly: "I don't believe I have ever in all my life seen anybody behave with such lousy manners, Papa."

Pat: "The poor guy was from your hometown. He expected you to bring him in and sit him down for dinner."

Della: " 'Amsho, I'm sure you haven't got any time to lose.' Oh, Papa, how *could* you?"

Rufe: "Where's Damascus?"

"Damascus is not far from where his father was born. Not far from Assyria, but of course it's not called Assyria anymore. He's an Assyrian, a first-generation American. I know that from his name, but I never saw him before."

Pat: "He sounded like you were old pals."

Nelly: "He's standing out there looking at his bike."

"Well, do you want me to go bring him back, or what? It's up to you, but I thought you wouldn't want me to use up the surprise dinner and everything on somebody I can't even remember. I'll run down and get him if you want me to."

Nobody said I ought to go get him. They all stood at the big window looking down at him in the street, but I didn't have the heart to join them. Of course, I had been rude, but so had he. I had actually thought of asking him how in the world he had found out where I was living, but it seemed to me that knowing how that had happened wouldn't have done me any good and would only have prolonged his standing in the doorway.

Nelly: "He's just waiting or thinking or something. He isn't getting on his bike or anything. He's just standing there."

Rufe: "Maybe he's crying."

Well, if he wasn't, I almost was. Nobody, under any circumstances, should ever be as rude as I had just been, to anybody, let alone to a perfectly decent bicycle rider from my own hometown.

Della: "He's putting on his trouser clips."

Nelly: "Well, aren't you going to come and watch him get on his bike and ride away?"

"No, I think I'd rather not."

Pat: "Seems like a nice guy."

"One of the nicest guys in the world, ordinarily."

Pat: "What do you mean, ordinarily. He's still who he always is, isn't he?"

"Yes, he is, but just now I'm not who I always am."

Rufe: "He's riding to Damascus."

They all watched him ride away, and then they turned and looked at me as if I were the most brutal and insensitive human being that ever lived.

"I'm sorry, I'm sorry, I've told you I'm sorry, what more can I say? He came at the wrong time, that's all. Now, let's go grab a taxi to the Drugstore and have hamburgers and milk shakes, and then let's grab another taxi to the circus. Let's just get out of here, shall we?"

The Drugstore was jammed, of

continued on page 110

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Where in the World?

(Answers from page 100)

A. The Art Institute of Chicago, founded in 1879, was moved to its present location near the Chicago "Loop" in 1893.

B. The Grand Ole Opry dominates the front area of Opryland, U.S.A., in Nashville, Tennessee.

C. The Arch of Triumph, commissioned by Napoleon in 1806, stands at the center of a 450-foot-diameter circle at the top of Paris' Champs-Elysees.

D. Knoxville, Tennessee, host to the 1982 Energy World's Fair, is also the headquarters of the Tennessee Valley Authority and was the site of the Manhattan Project during WWII.

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Win in time for Christmas!

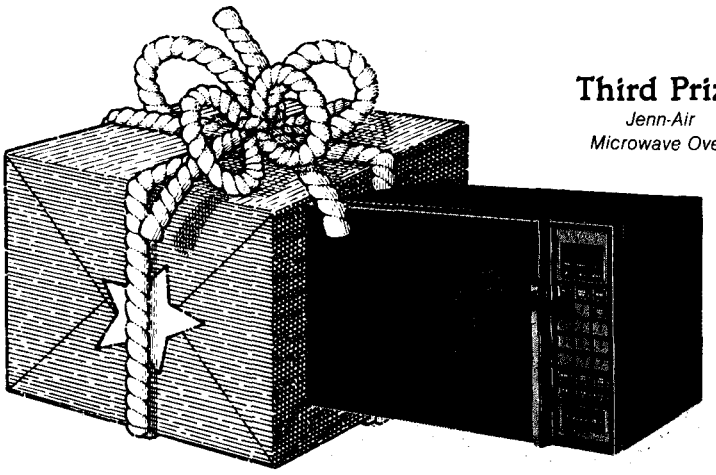
Health Recipe Contest

Better make your Christmas tree this year one of those tall Norwegian pines. . .one that will accommodate a Winnebago Warrior Motor Home beneath its branches—because you could find one parked under that tree come Christmas morning. . .if you enter—and win first prize in—The SatEvePost Society's Health Recipe Contest.

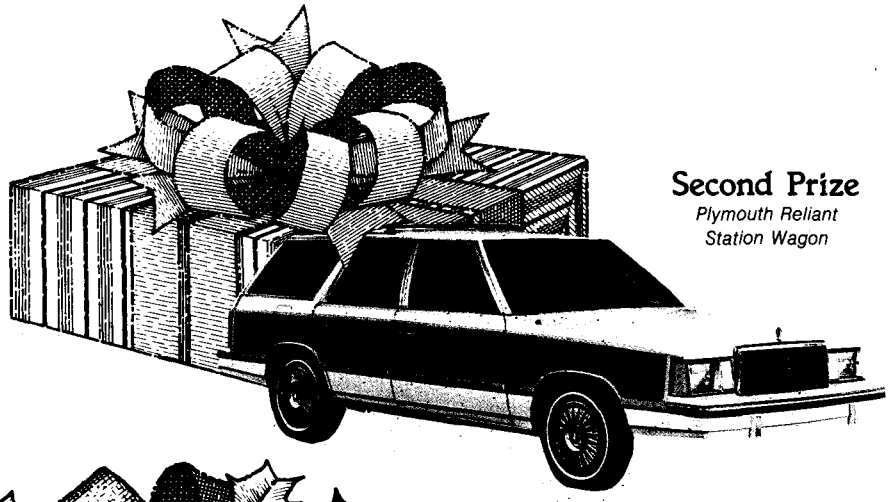
The second prize is a versatile Plymouth Reliant Station Wagon, and in case your recipe is awarded the third prize, you'll win a Jenn-Air Microwave Oven. What a Christmas any one of them would make!

It calls for you only to put your best health recipe forward. . .a recipe that pleases the impartial *Post* judges by complying with the latest recommendations for a healthful American diet: less fat. . .less salt. . .less sugar. . .less cholesterol. . .more vegetables. . . more beans and potatoes. . .more fruit. . .more whole-grain cereals. Keeping these suggestions in mind will enhance your chances of winning.

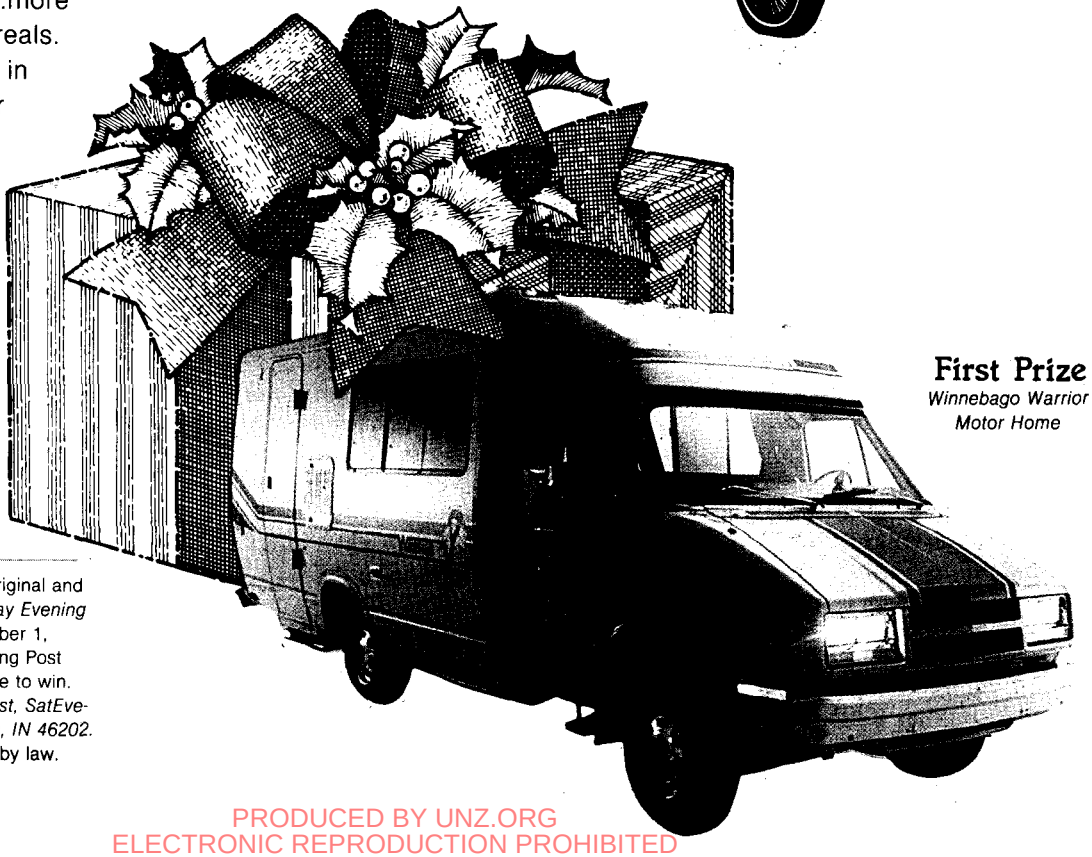
Prize winner or not, all *Post* readers, in a sense, will be winners—for having copies of the winning recipes. . .to be published in a later *Post*, with the toast: "To your good health for the holidays. . .and every day."



Third Prize
Jenn-Air
Microwave Oven



Second Prize
Plymouth Reliant
Station Wagon



First Prize
Winnebago Warrior
Motor Home

Rules: All recipes submitted must be original and will become the property of *The Saturday Evening Post*. Entries must be mailed by December 1, 1982. Employees of The Saturday Evening Post Society and their families are not eligible to win. Mail your entry to: *Health Recipe Contest, SatEvePost, 1100 Waterway Blvd., Indianapolis, IN 46202.* Contest void in states where prohibited by law.

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Bicycle

continued from page 108

course, as I knew it would be, but I also knew it was their favorite place, and the hamburgers and milk shakes were almost as good as the ones they had loved in New York. We waited five or six minutes, and then there was a whole table to ourselves, a table for six, actually. When everybody was comfortable, a man with a tray who had been wandering around looking for a place at a table began to attract their attention. I wasn't watching; I was studying the latest issue of *Allo Paris* to choose between the two circuses that seemed to be open the year around. The kids weren't biting into their hamburgers or sipping their milk shakes anymore; they were just watching, so I looked away from the little magazine to see what it could possibly be.

It was Al Poufnique. Himself. Beard and all.

All right, so where was Susan?

She was nowhere about, although apparently all of the other Americans in Paris were.

He came and took the sixth place, the kids moving some of their stuff out of the way to make room for his tray, and he began to eat his hamburger and drink his glass of milk. The kids fell silent, studying his head and face.

"How are you getting along with your poetry?"

He put down his hamburger, put on his glasses, smiled and said, "Oh, hello. I'm afraid I'm a long way from writing the kind of poetry I *want* to write."

"What kind is that?"

"The best, the way you paint."

The kids watched and listened and finished their hamburgers and their milk shakes.

"Thanks, but maybe you're too critical of your stuff."

"That's what my wife says, but let's face it, if poetry isn't the best, it's as good as nothing."

"How *is* your wife?"

"Just fine. A little excited about becoming a mother for the first time."

"*Where* is she?"

"Home, if you can call two little rooms home, and I guess you can." He giggled, and I knew they were almost broke and pretty worried.

I brought out my wallet and fished out two 100 new franc notes, each of them worth a little better than $20, and I placed them beside his plate.

"If that's a loan, thanks a lot. I couldn't accept anything else."

"A loan, and good luck."

"Imagine running into you here. I almost never come here. I just saw some publicity people in the neighborhood about a job, and I have to go back in half an hour. That's how it happened I came in here."

"I'm glad you did. I know you and your wife are going to be crazy about the kid, because I remember how crazy my wife and I were about our first one. That's Nelly here." Nelly nodded. And then I named the other three, and they nodded, and the poet returned each nod earnestly, a man who respected kids and would be a pretty good father, most likely.

"Biggest event of our lives so far," he said.

In the street, the kids wanted to know what that was all about. Who in the world was he, and why had I given him so much money, especially since I had just a little while ago been so rude to a man from my own hometown? I tried to explain it to them, but they weren't especially satisified.

Well, if Susan hadn't gone to Al Poufnique, who had she gone to, or where had she gone? What was going on? Had they better go home instead of to the circus, or what?

"Home or circus?"

"Circus, circus," Rufe said, but the other three, the older ones, the ones who had long ago begun to suspect a thing or two about grown-ups, were silent. Something was going on that didn't permit them to get excited about going to a place to watch clowns and wild animals and acrobats.

"Home," Nelly said, "and the sooner the better."

"Why?"

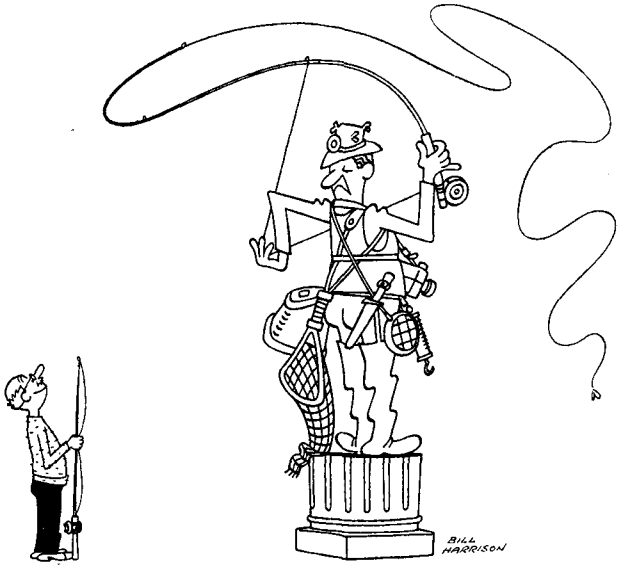
"I don't know, Papa, but I think home is where we had better get to as quickly as possible."

A cab slowed down. "Okay, let's grab this cab."

The door opened and Susan stepped out. (Where was the small checkered suitcase?)

The kids busted out with laughter, exclama-

continued on page 112



The Perfect Squelch

A fly fisherman working on the Deschutes River in Oregon passed an old fellow with his baited hook dangling in the water. The fly expert, fully equipped from head to foot to do battle with fish, barely nodded in reply to the old fellow's greeting. Hardly concealing the scorn that fly fishermen feel toward the lowly who use bait, he kept on upstream casting and whipping his fly.

An hour later, the fly fisherman worked back downstream with three nice rainbow trout in his creel.

Anxious to be modest, he called to the old man, "Doing any good?"

"Some," came the reply.

"Using worms, pennywinkles or grasshoppers?" the fly fisherman asked disdainfully.

When the old man did not answer, the fly fisherman demanded, "What *are* you using?"

Holding up a string of eight beauties, the old fellow smiled and replied, "Patience."

—Carl Forsstrom

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Bicycle

continued from page 110

tions, gladness, anger and questions, but all Susan did was stand there and look at their father—me. She began to smile, but I couldn't figure out the smile at all. Talk about the smile of Mona Lisa. This one made that smile look like the smile of a simple farm girl.

"Where do you think you're going?"

"I had an idea you'd all be here at the Drugstore if I hurried, so I did."

"What happened?"

"Tell you about it later."

Nelly: "Tell all about *what*?"

Susan: "Twelve crazy, impossible, miserable years together—and for *what*?"

"Four kids."

Nelly: "Oh fine. Talk about us as if we were cattle or something."

"What about this—this whoever it was? Turned you down, did he?"

"On the contrary, I turned him down. I just left him."

"Where?"

"His place."

"What did you do that for?"

"Why should I throw over everything for something ridiculous in a ridiculous movie or something? I'm too old. It's too hot. What are we going back into the Drugstore for?"

"I just want to pick up a bottle of aspirin."

As luck would have it, as I had hoped, Al Poufnique was just ahead of me at the cashier's counter. Susan saw him, but he didn't see her. She looked at me, but I didn't let her know what I was thinking; I just acted as if Al were somebody I didn't know. She seemed terrified that the poet might turn and see her. She flung her arms around the four kids almost as if she were some kind of animal protecting her family before a storm or something, and she moved them in the opposite direction. Well, what do you know? The things a woman will do to give a man a surprise, or to hang onto something, or to try to make it better or different.

In the street she said, "All right, so I didn't see him, I didn't see anybody; I visited Myra Haley for a couple of hours, but I *could* have gone to him, I could have gone to anybody I might care to choose, but I'm too old, and it's too hot. Let's not get into a stuffy taxi; let's walk home very slowly, because when we get there, I want us to have the surprise after all. Happy anniversary, and I'm glad I scared you."

"I thought you'd gone mad, that's all."

Nelly: "I don't understand you two. Not at all."

Pat: "Pop, what's going on?"

Della: "Mamma, I don't think I've ever seen you more crazy-beautiful or something. You're different all of a sudden."

We were walking toward the Arc de Triomphe when the kids suddenly stopped, and Nelly said, "Oh, look!"

I looked, and there, racing around the Arc, came Amshavir Shamavoor on his bike, moving with the wild circling traffic like a small colorful bird among a flock of geese.

Pat: "Look at him go, will you."

Della: "I'll never forget your terrible rudeness, Papa."

Rufe: "Good-bye, Amsho, good-bye."

Hazel

"Because he's doing his homework!! Over."

The bicycle rider straightened out when he reached the Champs, his head down, his legs moving steadily and powerfully. As he drew nearer I thought I had better shout out to him, stop him and ask him to please forgive me, please come with us now to our house and have dinner with us, but he was going too beautifully, everything was too right for me to spoil it with a little corrective courtesy. And then he was gone, on his way down the broad road toward Concorde. The kids and their mother turned and watched him go, but again I couldn't join them. Not until he had disappeared among the automobile traffic did they turn away and begin to walk again.

"Who was that?"

"Some kid from Fresno who doesn't know he's 40 years old."

"What about him?"

"He's riding around the world on a bicycle."

"So what?"

"Precisely. He's an Assyrian. *They* won't be getting in rockets to the moon or anything like that for some time, most likely, if ever."

Nelly: "I don't think I've seen anything more beautiful."

Della: "Than Mamma, the way she is now?"

Nelly: "Than that nut on the bicycle."

Pat: "What's he want to ride around the world for?"

Rufe: "Will he get there, Papa? Will he get to Damascus?"

"Rufe, maybe I'd better tell you this now, right now, because I might forget later on. You don't *have* to get there, to Damascus, or anywhere else. All you've got to do is *want* to get there. And *try*. That's enough to carry you all the way through. Can you remember that?"

"Sure, Papa. I'll remember it."

We all moved along, on our way to our surprising house in one of the most surprising cities in the world and to the little daily surprises of our 13th year together, in the same boat, so to say, or on the same bicycle, racing through heavy traffic toward another place, and then another, and all the way around, and finally back where we started.

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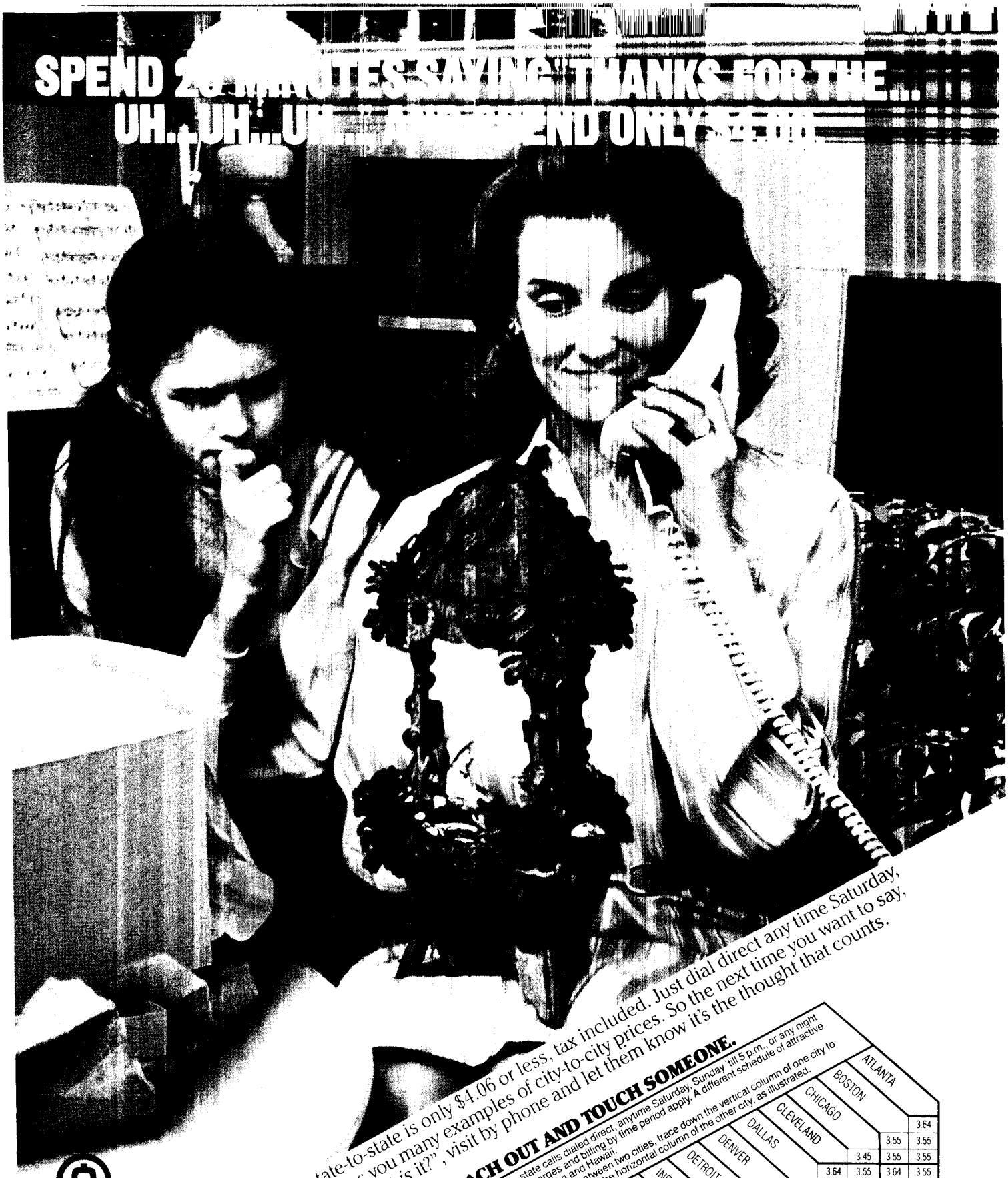
SPEND 20 MINUTES SAYING THANKS FOR THE... UH...UH...UH... !



A twenty-minute call anywhere state-to-state is only $4.06 or less, tax included. Just dial direct any time Saturday, or Sunday till 5. The chart below gives you many examples of city-to-city prices. So the next time you want to say, "Thanks, I love it", or even "Thanks, what is it?", visit by phone and let them know it's the thought that counts.

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Rate Chart

All prices are for 20 minute state-to-state calls dialed direct, anytime Saturday, Sunday 'till 5 p.m., or any night after 11 p.m. 'till 8 a.m. Dial station charges and billing by time period apply. A different schedule of attractive dial/discount rates applies to both Alaska and Hawaii. To find the rate between two cities, trace down the vertical column of one city to its intersection with the horizontal column of the other city, as illustrated.

	ATLANTA	BOSTON	CHICAGO	CLEVELAND	DALLAS	DENVER	DETROIT	INDIANAPOLIS	MEMPHIS	MILWAUKEE	NEW HAVEN	NEW YORK	OMAHA	PHILADELPHIA	SAN FRANCISCO	SEATTLE
ATLANTA	3.64															
BOSTON	3.55	3.55														
CHICAGO	3.45	3.55	3.55													
CLEVELAND	3.64	3.55	3.64	3.55												
DALLAS	3.64	3.64	3.64	3.55	3.64											
DENVER	3.07	3.22	3.55	3.22	3.64	3.64										
DETROIT	3.22	3.22	3.55	3.22	3.64	3.55	3.55									
INDIANAPOLIS	3.55	3.55	3.64	3.45	3.55	3.55	3.45	3.55								
MEMPHIS	3.07	3.55	3.55	3.55	3.64	3.64	3.55	3.55	3.64							
MILWAUKEE	3.55	3.64	3.55	3.64	3.64	3.64	3.55	3.55	3.55	3.64						
NEW HAVEN	3.64	3.55	3.64	3.55	3.64	3.64	3.64	3.64	3.64	3.64	3.64					
NEW YORK	3.64	3.55	3.64	3.55	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64				
OMAHA	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64			
PHILADELPHIA	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64	3.64		
SAN FRANCISCO	3.64	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	
SEATTLE	3.64	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06	4.06

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